

BBC

August 2016
DHS15 | QR15

good food

Middle East

Summer baking

BUDGET DINNERS

Recipes that make food go further

Sushi suppers

Learn how to roll your own maki

COCKLES, MUSSELS AND CLAMS

Go sustainable and inexpensive



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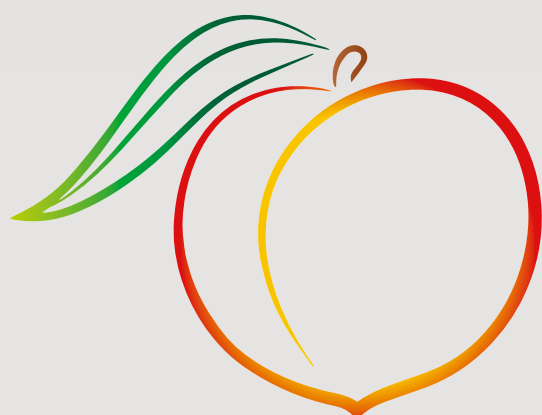
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Welcome to August!

This month, is all about budgeting at *BBC Good Food Middle East*. We're reigning things in and bringing focus to ingredients and recipes that will help you save a few pennies over the summer.

After a quick trip to the UK last month, it was highlighted to me (once again) just how much more the cost of day-to-day living in Dubai is.

It's no secret that the pleasure of residing here comes with a price tag, but it wasn't until I spent the afternoon wandering around London's fabulous Borough Market, which is stocked with an abundance of gorgeous, high-quality products all available for affordable, reasonable prices, that I realised just how much more we pay for everyday produce in the Middle East – mainly down to the high import charges we're hit with.

In light of this, this month's 'Budget Issue', offers a range of cost-saving and simply delicious recipes, which will help you make the most out of food.

If you're a fan of lamb, the 'Make the most out of lamb' feature on page 34 is one not to miss. It's full of great ways to cook the meat, and use it as leftovers.

Next up, the 'cockles, mussels & clams' recipes on page 41 are mouthwatering. When cutting back, many people make the mistake of crossing shellfish off the shopping list in fear of expense, however, these tasty delights are in fact quite inexpensive, and better yet – they're sustainable!

In addition to a range of other delicious recipes, this month we also catch up with world-renowned chef Pierre Gagnaire (*In the kitchen with*, p60), who wisely explains: "the key to saving on food shopping is to not waste anything. All elements of an ingredient are usable and most re-usable, so don't waste – you'll be surprised how far certain products stretch".

Whatever or wherever you choose to eat this month, just remember that you don't need to splash the cash to eat well or have fun. I hope this issue helps you to find hidden gems and cook up some unforgettable meals!

Happy cooking!



Sophie
Editor

WHAT WE'RE LOVING!



"I love how healthy and delicious this sweet potato jacket with guacamole and kidney beans is," says sales manager, Carol.



"Baking scones is a brilliant way to de-stress. Try this recipe for blueberry scones – they're delicious," says sales executive, Liz.



Sales director, Michael says: "This slow-roasted shoulder of lamb is really succulent and a must-try!"



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FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY
Emirates Printing Press LLC, Dubai

PUBLISHED BY

CPI MEDIA GROUP
CPIMEDIAGROUP.COM

Head Office:

Media City, Building 8, 2-03
Dubai, UAE, PO Box 13700
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A publication licensed by IMPZ

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www.cpimediagroup.com

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BBC Good Food ME magazine is published by CPI Media Group under licence from BBC Worldwide Limited, 101 Wood Lane, London W12 7FA.

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Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

A Contains alcohol

Your Say

We love hearing from you!



I have been buying your publication for more than three years now, and I'd just like to say how great I think it looks with the new size and style. Your recipes are continually getting better and the imagery is mouthwatering! Keep it up!

Sanjev Ghosh



One of my favourite pages in the magazine has to be the review page. I love reading about the latest places to go in town. I can't believe how many openings there have been recently! Does anyone know of any new Spanish places opening?

Frankie Souza

Frankie, check out the newly opened LaLuz in DIFC, serving Catalan!



Oh my goodness, please can we have more ice lolly recipes? The ones in your July issue were wonderful and the kids can't get enough.

Samantha Davies



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchen. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauveil, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER

My goal for the rest of this year, and moving into next year is to visit as many new places in the world as I can, to experience and learn about new cuisines. Your feature in the July issue called '2016 hot food cities' was great and inspired me to finally get this plan into action. Next stop: Turin, Italy! Please keep the travel recommendations coming...

Martin Benton



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



THE BEST BITES



Beat the heat

Keep things cool this summer and head to Dri Dri, the Italian gelateria located at The Beach on JBR, to try one (or all) of their 10 newly launched gelato flavours. The new selection ranges from fruity and tangy, to sweet, with flavours like date, toffee, stracciatella with white chocolate, tiramisu, cheesecake, peanut butter and chocolate cookies, cherry or wild strawberry, and more. Dri Dri is also an ideal place to take the kids over the school holidays, as the outlet allows children to make their very own authentic Italian gelato from scratch at the indoor workshop. Led by a Dri Dri representative, the two-hour tailor-made class will give kids the chance to learn more about one of Italy's most famous frozen desserts while acquiring a new skill. For Dhs120 per child, you can enroll by contacting 04-5530647.

Organic Sundays

It's all about seasonality and supporting local farmers in JLT, as Cocktail Kitchen and Ripe Organic team up to offer 'Organic Sundays' – a new promotion that will see a 3-course menu served made using Ripe's local produce. Sustainable, organic and tasty, the menu is inspired and created with ingredients grown across the seven Emirates and Oman. Expect to find dishes like grilled oyster mushrooms in a garlic and rosemary marinade with wilted greens and potato crisp, line caught oven roasted hake with kale, corn, carrot and beetroot puree, and kohlrabi spaghetti with broccolini, kale, basil, garlic and semi dried tomatoes, among others. Available every Sunday from 7pm-11.30pm, the 3-course menu is priced at Dhs165 per person. Call +971-508280727.

Text SOPHIE MCCARRICK | Photographs SUPPLIED

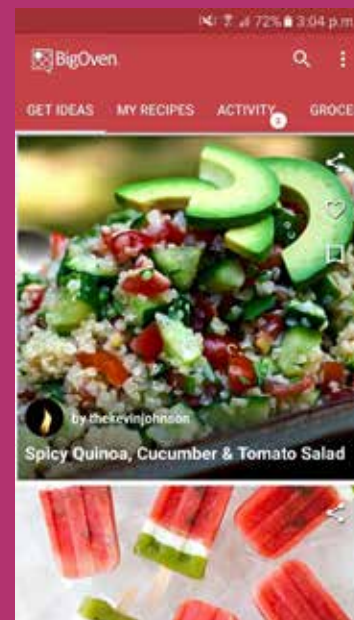


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free on both iPhone
and Android*

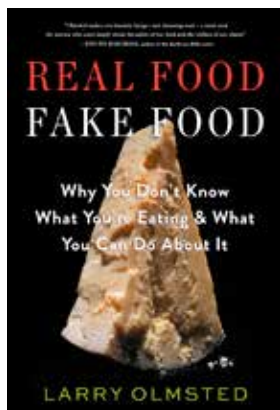
BigOven

With more than 350,000 recipes, BigOven makes cooking simple. With this cooking app, you'll be inspired and organised in the kitchen and on the go. Some of the highlights include access to BigOven's massive library of recipes, the ability to add snapshots of your own recipes, the option to make a grocery list in the app based on recipes you'd like to create, and help to make your meal planning a lot easier with the weekly organiser. The app also adds a social feature, allowing you to check out what your friends, family, and favorite bloggers are making. Plus, it offers seasonal collections right from the home screen to get you inspired.



CULINAREADS

Real Food Fake Food: Why You Don't Know What You're Eating & What You Can Do About It, by Larry Olmsted (July 12, 2016)



In this groundbreaking new release by award-winning journalist, Larry Olmsted, reveals the shocking truth about eating out, and how too often foods are not actually what we think they are. In fact, they are cheap substitutes.

Travelling to the sources of 'real food', Larry helps us how to recognise what to look for and eat, while sniffing out the imposters and kicking them to the curb. Empowering you to make smarter choices when it comes to food, Larry exposes those fake products lurking in supermarkets, restaurants and kitchen cabinets. From extra-virgin olive oil that isn't, lobster-less lobster rolls, to Kobe beef that's actually wagyu, Larry gets to the root of it all. Priced at Dhs52 on amazon.com.

**"WHEN THE WAITRESS ASKED IF I
WANTED MY PIZZA CUT INTO FOUR
OR EIGHT SLICES, I SAID, 'FOUR. I
DON'T THINK I CAN EAT EIGHT.'"**

– Yogi Berra



Go-to-gadgets

Step into the future with pearly kitchen whites, top class efficiency and dimmable lighting, as Miele, the German appliances company, launches 'the Pearl' cooker hood. Perfect for the design conscious, forward-

thinking consumer, the 90cm headroom hood is not only a stylish centrepiece for the kitchen, but also at the forefront of technology, with a powerful and energy-efficient eco motor. Quiet and unobtrusive, the Pearl offers LED downlighting with low energy consumption. As a result, the Pearl sports an A+ on the energy label, the highest rating awarded to cooker hoods, based on a European energy rating. The Pearl can be operated in vented or recirculation mode, and depending on installation conditions, it can be fitted without an additional chimney section. This is the case when the hood is run as a recirculation unit or when the air is vented directly to the rear. Priced at Dhs13,000, the Pearl is available at Miele stores. Visit miele.ae.

#TRENDING

Doughnut ice cream cones

Making waffle cones look like a thing of the past, doughnut ice cream cones are here and successfully taking the world by storm. Beautiful soft serve ice cream, oozed into a perfectly grilled, cinnamon sugared doughnut cone, then topped with chocolate sauce – talk about dessert heaven! The new trend is said to be a modern-take on a Slovak traditional pastry called Trdelník, which is a sweet made from grilled dough, topped with sugar and walnuts. Wherever this creation derives from, we think it's wonderful. Have you spotted them in Dubai yet? Let us know! #doughnutcone @bbcgoodfoodmiddleeast



INDULGENT INGREDIENT

This Rose Petal Jelly by Fortnum & Mason is the perfect pick for serving with scones and cream at your next Afternoon Tea gathering. It's also great on white bread with butter, or as a savoury with white meats. Due to its powerful aromatic characteristic, only a touch is required to do the trick – meaning you won't run out in a hurry. Made exclusively for Fortnum's, the jelly uses rose petals grown in a single garden in Oxfordshire, UK. Rose petals are picked in the evening, when they are at their most scented and ripe, and transferred by hand the next morning to the jelly, thus capturing the fine fragrance. Whilst some jellies use dried rose petals, this jar contains fresh petals for a more delicate texture. Available at Fortnum & Mason stores for Dhs100 for 200grams.



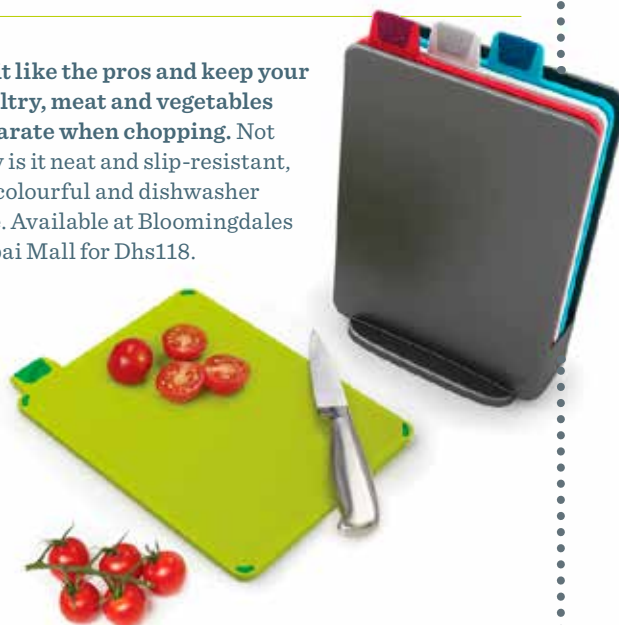
Top product picks

Making an omelette just got a whole lot easier with this Joseph Joseph M-Cuisine Microwave Omelette Bowl, which allows you to prepare a delicious omelette in just minutes – from mixing to cooking, the bowl does everything all-in-one. Available for Dhs39 from Tavola stores.



Give your cooler box a makeover and invest in a stylish Toscana Picnic Basket Cooler bag this summer – perfect for keeping your goodies chilled in the heat. Available at Lakeland for Dhs230.

Do it like the pros and keep your poultry, meat and vegetables separate when chopping. Not only is it neat and slip-resistant, it's colourful and dishwasher safe. Available at Bloomingdales Dubai Mall for Dhs118.





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FIVE WAYS WITH Cheese toasties

Sour dog

Melt butter in a pan and fry some sourdough. Spread both slices with mayo and a little mustard. Add sauerkraut to one slice, along with grated Parmesan, cheddar, roasted tomato and crispy beef bacon. Sandwich together and fry until piping hot and golden.

Greasy spoon

Fry slices of white bloomer in foaming butter. Add grilled sausages, warm baked beans, a slice each of red Leicester and a slice of mature cheddar to one slice of bread. Sandwich the other on top and fry both sides until melted, golden and oozing.

The nacho

Put sourdough bread in a pan of foaming butter. Spread one slice with chilli jam, then sprinkle over grated Monterey Jack and cheddar, plus chopped pickled jalapeños. Sandwich the other slice on and fry until both sides are golden and the cheese has melted.

Green pesto

Spread pesto on two sourdough slices that have been fried in butter. Add mozzarella, Gruyère and sundried tomatoes to one slice. Sandwich and fry until the cheese has melted and both sides are golden. Hey pesto!

The BBQ

Slather barbecue sauce on slices of sourdough and fry the other side in butter. Top one slice with warm pulled pork, caramelised onions, American cheese and Gruyère. Sandwich the other slice on top and fry until the cheese has melted and the toastie is golden.



Sour dog cheese toastie



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ASK THE EXPERTS



Sally Prosser

Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

Q Perfecting food photography is a tricky skill to master. What steps should we take to ensure a dish looks appetising?

Here are some simple steps to take to make food look more appetising whether you are using your phone or a camera.

Most important of all, switch off your flash. Food looks flat, artificial in colour and quite revolting using flash. Natural light is best. Position the plate or food so that the light skims over the top. If there is sauce or liquid, you want the light to pick up highlights so it shines. Think about the textures of the dish.

The direction of the light is also important. If you are shooting near a window, make sure the light is behind the food or to the side. Never put your back to the window as you will block the light and cast unflattering shadows. If you are shooting with back lighting you might need to reflect some light onto the front of the food. Angle a piece of white card to do this.

If you are in a restaurant and want to take a picture of your food in low lighting here's a little trick. Get someone else to turn on the torch of their smart phone and then wrap it in a napkin to diffuse the light. Hold it above and behind or to the side to illuminate your plate.

Brown food is always difficult. A little relevant garnish, such as bright green herbs, can work wonders, or use a plain blue plate or bowl.

Smart phones tend to shoot wide angle so overhead pics always seem to look better. Flatlay your food (and use the hashtag). Have fun but don't let your food go cold!

Want to know more? Select 'food photography' from the menu on mycustardpie.com



Q My food shopping costs are extortionate living in Dubai. What can I do to lower them, but still eat well?

Eating well doesn't have to be expensive, as a family we only eat organic and fresh produce. I very seldom buy frozen unless it's berries for a smoothie.

During the cooler months I would recommend the local farmers markets as it can reduce your vegetable spend by a 3/4. Also another tip I would recommend is to plan your weekly meals ahead and write a shopping list, this way you don't get distracted in the shop and end up buying more than needed.

Another great tip is to waste nothing, any left over rice, pasta or vegetables make a great salad or the next day.

When menu planning for the week I also incorporate a couple of vegetarian dishes, this can really reduce your food cost as meat is very expensive, especially organic. A butternut squash and chickpea curry can be very filling and I find it goes a long way. You can always freeze what's left and use it as a base for a chicken or fish curry.

I would also look to buy local fish as imported cost more too. I buy local mackerel and sardines which cost next to nothing when compared to the price of European.

I also find eating a lot of plant based ingredients helps to keep the shopping cost down – they are also great for your body and keep you fuller longer!



Darren Velvick

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.

ASK THE EXPERTS

Q I don't have access to a gym, and it's too hot to run outside at the moment. What can I do at home to become more active and stay in shape?

With the weather heating up in Dubai getting active outside is becoming more difficult and less enjoyable. You don't need to join a gym to keep in shape over the hotter months, your home is the best place to start.

First things first, make sure you tick off the basics to staying in shape and maintain your health over the hotter months. Get plenty of sleep and aim for 7-8 hours each night, drinking 2-3 litres of water per day, limit your stress levels and eating loads of healthy nutritious food.

As for keeping active try to move around throughout your day and limit how much sitting you do. There are plenty of body weight exercises you can do in your home, all you need is a little space to stretch out and move. I recommend you find a routine that best suits you, yoga or pilates is perfect if you prefer a lower impact form of exercise. If you are looking for something a little more intense and is going to increase your heart rate, I have the perfect workout for you to try: Complete 4 rounds of 10 body weight squats, 10 push-ups, 20 alternate lunges and 10 burpees.



Chloe Moir

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.



Tomas Reger

Award-winning freelance chef and food consultant behind successful projects such as Intersect by Lexus Dubai, Le Sushi Bar Beirut, Junkyard Beirut and the Bloomie's Kitchen Cooking Demo Series.



Q What three places would you recommend visiting for a high-quality meal, without breaking the bank and spending too much?

Thankfully, there are a few places that have opened recently, where you can enjoy high quality meal with reasonably priced drinks and have great atmosphere, all without spending too much. Namely, Mythos in Jumeirah Lakes Towers, The Croft in Dubai Marriott Harbour Hotel, and Bistro des Arts at the Dubai Marina Promenade.

If you like dining out, but would like to avoid disappointment before treating yourself and your loved ones, check if the restaurant of your choice does a business lunch menu during the day.

These menus are generally very reasonable and great value. Restaurants offer them not to make money, but to entice a lunch crowd to come in the evening for the full experience. So you can expect quality ingredients and no cost cutting. The same can't be said for the majority of brunch menus though – so don't base your opinion of a restaurant on these.

Saying that, when the quality is high, both of food and service, I hardly regret spending a lot, however when you get lazy cooking and mediocre service, even a couple of dirhams feels wasted.



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Middle East

A W A R D S

2016

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Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

👉 Firebird Diner by Michael Mina, DIFC

Recently opened at the Four Seasons Hotel in DIFC, Firebird Diner pays tribute to the iconic American eatery of the 1950s. Backed by the famed chef Michael Mina, the restaurant's menu features refined versions of classic dishes found in diners across America using the highest-quality ingredients for a fun and memorable meal - morning, noon and night. Expect to find dishes like New England lobster rolls, tomato soup and grilled cheese, Philly cheese steaks, and BBQ braised beef short ribs - hello delicious comfort food! Inside, there's plush booths, tables and a signature diner-style counter, while floor-to-ceiling windows offer views of the Dubai city skyline, as a 1950's jukebox plays in the background. Call 04-5060100.

👉 The Daily, Rove Downtown Dubai

After the Pavilion Downtown Dubai Café closed its doors, fans of its 'Bench Brunch' will be pleased to know that Emaar Hospitality Group has launched a neighbourhood eatery, The Daily, in its new lifestyle hotel, Rove Downtown Dubai, which will now become home to the brunch. With its casual, urban interiors, family-friendly facilities, and views of Burj Khalifa, The Daily promises to be a great new place to chill. Every Friday and Saturday, 11am to 5pm, the current offer for brunch is Dhs99 pp inclusive of unlimited buffet, main course and coffee/tea, or Dhs49 for children aged 6-12 years. Call 04-5619000.

👉 Ruya, Grosvenor House Dubai

Brought to you from the team behind Coya, Nusret, and Zuma, Ruya is expected to open in Dubai Marina's Grosvenor House by the end of September this year. The restaurant, lounge and bar will be Turkish inspired and plans to explore the quality and diversity of Anatolian food. High standards are expected from the kitchen's executive chef, Colin Clague, who previously headed up Jean Georges Dubai and Qbara. Look out for news of its opening in upcoming issues.

Firebird Diner
by Michael Mina, DIFC

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

📍 Ten Street, JBR

A new hangout spot has opened at JBR's JA Oasis Beach Tower, offering visitors a place to eat, drink, meet, watch and play – all in one! It's a Canadian-inspired, vibrant restaurant and is the ideal place to head for after-work drinks and a bite to eat, while enjoying a game of pool, watching the latest sporting game, or better yet, sing a song (or ten) in the karaoke room. With tunes from the 70s, 80, and 90s playfully playing, enjoy dishes like smoked BBQ ribs and specialty burgers that burst out of their bagel buns – quite literally. When you're in the mood to let your hair down and have some fun, Ten Street is where to go. *Call 04 399 8993.*

📍 Prax's, Barsha Heights

Known for its good quality Chinese food in a hurry, Prax's has expanded to a second home in I-rise Tower, Barsha Heights (*coughs*, Tecom). Perfect for those who like to choose what goes into their food, Prax's offers diners the option to 'go freestyle' instead of selecting pre-set meals from the menu. You can put together your own unique combo by selecting the base (noodles, rice or mixed vegetables), protein (tofu, chicken, beef, prawns), sauces, toppings, and garnish. Or alternatively, choose between a pre-set menu of starters, salads, soups, mains, desserts, and beverages. Popular dishes include prawn har gao dim sum, papaya salad, wonton soup, chili basil beef and sweet and sour prawn. Open for dine in and delivery. *Call 800 77297.*



📍 Ingredients, Eastern Mangroves Hotel & Spa Abu Dhabi

We all know how expensive a sushi night can be, so sushi lovers, this one is for you! Every Wednesday from 7-11pm, for just Dhs150 per person with unlimited soft drinks, you can enjoy an endless supply of sushi, nigiri, sashimi and maki. *Call 02-6561000.*



📍 Intersect by Lexus, DIFC

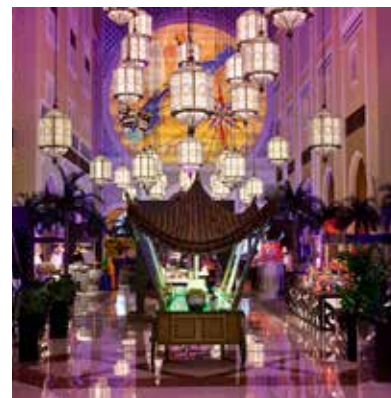
Why wait for the weekend to enjoy Dubai's favourite pastime? Intersect by Lexus has introduced the full 'Friday brunch experience' to Wednesday evenings, from 7-11pm every week. You can indulge in unlimited starter items that use only fresh and organic ingredients, followed with a selection of main dishes, before ending the meal on a sweet note from the selection of delicious desserts to share. The evening will also be complemented with summer inspired cocktails like the 'berry lemonade' and the 'frozen flower'. Prices start at Dhs175 for food and soft drinks, Dhs250 for food with hops and grape, and Dhs496 for food and bubbly. Wednesday evenings just got better... *Call 04-3559524.*

📍 Hoi An, Shangri-la Dubai

Savour a platter of delicious seafood in the warm and authentic Vietnamese ambiance of Hoi An, every night from 7-11.30pm. Feast on fresh oysters, king crab legs, lobster, crab, mussels, king prawns and a crab salad for Dhs575 for two people. Hoi An offers an intimate and stylish ambiance, complemented by an extensive menu offering a wide variety of Vietnamese dishes served in traditional style on bamboo platters and lotus leaves. *Call 04-4052703.*

📍 Al Bahou, Mövenpick Hotel Ibn Battuta Gate

Be entertained or entertain with friends and family with a wide choice of exquisite dishes where all the hotel's restaurants come together each Friday from 12.30-4pm to showcase their individual culinary talents. A range of entertainment including face painters, a movie theater, a bouncy castle and interactive activities for younger guests make this a true family affair. Brunch prices start at Dhs295 with soft drinks, Dhs395 with house beverages, Dhs495 with bubbly, and Dhs145 for children ages 7-12 (under 6 go free). For another deal, head to Moroc Lounge & Bar for adults, or Majlis Lounge for families and children for the after brunch session from 4-8pm for Dhs199 with unlimited selected beverages.



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Tried & *tasted*

Each month, we review two of the city's top tables.



Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.



WHERE: Ramusake, DoubleTree by Hilton, JBR

WHAT'S IT LIKE: Another gem has opened its doors at DoubleTree by Hilton. Playfully reworking Japanese classics with a contemporary twist, Ramusake's menu is a tempting one, split into several sections: snacks, sushi rolls and salad, hot, robata grill, skewers, soup and rice, plus sides. The dessert menu hadn't yet been finished when we visited – however,

delightful options were available, including the much-loved classic, mochi! Ramusake has a very alluring feel to it, with dark wood furnishings and fantastic Japanese inspired interiors running throughout both the restaurant and bar area – perfect for visiting with a partner or a group of friends. With the sushi counter and grill sections of the kitchen open to the dining room, inside the vibe is alive and interactive. To start we chose to share an incredibly mouth

serving of foie gras and BBQ eel maki, which was perfectly balanced and not overpowering, plus a selection of gorgeous sashimi (pictured), and the fried xi'an bing buns with sticky beef. For mains we had the teriyaki glazed salmon fillet, and miso grilled black cod, which was beautifully tender and gave Nobu a run for his money (...it really was that good!). After dinner we moved to the connecting bar, which showcased an interesting list of

flirtatious cocktails, as well as an impressive selection of top-notch sake varieties. This new import is an all-rounder for a fun night out. And, I think it's safe to say that DoubleTree by Hilton is fast becoming the new hotspot for cool, high-quality food hangouts paired with equally as impressive bars.

IF YOU WANT TO GO:

Dhs300 per person for three-courses, excluding beverages. Call 04-5595300.

WHERE: Nola Eatery & Social House, Armada BlueBay Hotel, JLT

WHAT'S IT LIKE: Looking for a casual place to let your hair down with friends over vibrant drinks and some sweet jazz tunes? Nola is your place. Oozing atmosphere, this New Orleans inspired restaurant cum bar is alight with character and you're hit with an exciting ambiance as soon as you walk in. Very simply decorated, Nola rocks the vintage look with warm brass, brown and light blue tones – cosy and very welcoming. The menu is prepared for both those looking for a full meal and those wanting to enjoy a burger. To start, my dining partner and I shared the Louisiana crab cakes and a portion of incredibly delicious po boys – mouthwatering slow cooked pulled beef served on homemade brioche. These were great value for money at Dhs58 for three mini sliders, and very, very filling. For mains, I chose the

jumbo prawns with garlic butter, which was my favourite dish of the evening – so tasty! While my partner enjoyed the Creole meatballs. For dessert, we indulged on a very large portion of sizzling brownie, and crispy millefeuille, filled with divine layers of baileys cream and caramelised banana. As a slice of New Orleans, it definitely sets itself aside from anything else available in Dubai, however, I think it's more of a nightlife spot for drinks and a bite, as opposed to sitting for a three-course meal – purely because it gets so busy. I'd recommend booking a table or you might end up waiting a while. When we left after dinner, there was a queue of around 15 people waiting outside (even in this heat!). Nola's social buzz is infectious and keeps its visitors returning. I look forward to our next visit!

IF YOU WANT TO GO: Around Dhs200 per person for three-courses, excluding beverages. Call 04-3998155.





INGREDIENT OF THE MONTH

CHICKPEA

Pronounce it: chik-pee



Also known as a garbanzo bean, the chickpea is a legume from the Fabaceae family (pea family) and is extremely high in protein and dietary fibers. It is one of the earliest cultivated legumes in the world, with remains found in the Middle East dating 7,500 years back. The taste may take some getting used to, but they are a favourite with many. They have a nutty flavour and the texture is like that of a bean – creamy and buttery. Probably best known for their starring role in one of the Middle East's most popular dishes, chickpeas are the main ingredient in hummous, and can be used in a variety of ways in dishes like curries, salads, stews, stir fries and more. With one cup of cooked chickpeas containing 269 calories and 4g of fat, the ingredient is a healthy addition to any diet. Within that cup, there's also 45g of carbohydrates, with 12g of fibre – nearly half of the Institute of Medicine's daily recommended amount for woman and one-third for men. Fibre helps to lower cholesterol levels and improves digestive health. Chickpeas are a vegetarian source of protein, with 15g per cooked cup. It also contains vitamins B6 and B9 and minerals such as iron and magnesium. Chickpeas can be consumed as snack in the form of roasted chickpeas, as a dip, or as an ingredient of numerous salty and sweet dishes. Flour made of chickpea is popular in India. Common worldwide, chickpeas are sold in most supermarkets ready to eat in cans, or dried.



LET US KNOW: Which brand of chickpeas do you buy?



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Creamy chicken & asparagus braise

Asparagus is richer in heart-friendly folate than broccoli, and supplies chromium, which helps balance our blood sugar levels.

Peas are a useful source of iron and fibre, including soluble fibre, which helps regulate cholesterol levels.

These are a freezer favourite – frozen peas are often nutritionally richer than their fresh alternative.

BENEFITS low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • good for you

SERVES 2 **PREP** 10 mins

COOK 20-25 mins **EASY**

1 tbsp rapeseed oil
2 skinless chicken breasts (about 150g each)
10 medium asparagus spears, each cut into 3
1 large or 2 small leeks, well washed and thickly sliced
3 celery sticks, sliced
200ml reduced-salt vegetable bouillon
140g frozen peas
1 egg yolk
4 tbsp natural bio yogurt
1 garlic clove, finely grated
1/3 small pack fresh tarragon, chopped
new potatoes, to serve (optional)

1 Heat the oil in a large non-stick frying pan and fry the chicken for 5 mins, turning to brown both sides.

2 Add the asparagus (reserve the tips), leeks and celery, pour in the bouillon and simmer for 10 mins. Add the asparagus tips and peas, and cook for 5 mins more.

3 Meanwhile, stir the egg yolk with the yogurt and garlic. Stir the yogurt mixture into the vegetables



and add the tarragon. Divide between two warm plates, then place the chicken on top of the vegetables. Serve with new potatoes, if you like.

PER SERVING 480 kcals • fat 15g • saturates 4g • carbs 25g • sugars 18g • fibre 15g • protein 53g • salt 0.5g

Smoked paprika paella with cod & peas

Cod is an excellent source of stress-busting B vitamins and magnesium.

BENEFITS low fat • low cal • folate • fibre • vit c • iron • 3 of 5-a-day • good for you • gluten free

SERVES 2 **PREP** 15 mins

COOK 40 mins **EASY**

1 tbsp rapeseed oil
1 onion, finely chopped
2 garlic cloves, chopped
100g brown basmati rice
1 tsp turmeric
1 tsp smoked paprika
500ml reduced-salt vegetable bouillon
1 large red pepper, deseeded and chopped
1 large courgette, diced
125g frozen peas

300g pack skinless Atlantic cod loins, cut into large chunks

$\frac{1}{3}$ small pack parsley, chopped

$\frac{1}{2}$ lemon, cut into wedges

1 Heat the oil in a non-stick frying pan over a medium-high heat and fry the onion and garlic for a couple of mins to soften. Add the rice and spices, stir briefly, then pour in the bouillon and add the pepper. Cover the pan, reduce the heat and leave to simmer for 20 mins. Stir in

the courgette, cover and cook for 10 mins more.

2 Add the peas and cod, cover the pan and cook for 10 mins more until the rice is cooked and the liquid has been absorbed. Toss with the parsley and serve with lemon wedges.

PER SERVING 481 kcal • fat 9g • saturates 1g • carbs 55g • sugars 14g • fibre 11g • protein 38g • salt 0.4g



Sweet potato jackets with guacamole & kidney beans

Unlike regular potatoes, sweet potatoes count as 1 of your 5-a-day. They also contain beta-carotene, a protective antioxidant. Although naturally sweet-tasting, they don't disrupt blood sugar levels.

BENEFITS vegan • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free

SERVES 2 **PREP 10 mins**

COOK 45 mins **EASY**

a drop of rapeseed oil
2 sweet potatoes
1 large avocado
juice 1 lime, plus 2 wedges
1 red chilli, deseeded and finely chopped
2 tomatoes, finely chopped
1/3 small pack coriander, leaves roughly chopped

1 small red onion, finely chopped
400g can red kidney beans in water, drained

1 Heat oven to 220C/200C fan/gas 7, oil the sweet potatoes, then put them straight on the oven shelf and roast for 45 mins or until tender all the way through when pierced with a knife.

2 Meanwhile, mash the avocado with the lime juice in a small bowl, then stir in the chilli, tomatoes, coriander and onion.

3 Cut the potatoes in half and top with the beans and guacamole. Serve with the lime wedges for squeezing over.

PER SERVING 586 kcal • fat 21g • saturates 4g • carbs 73g • sugars 31g • fibre 24g • protein 14g • salt 0.3g

gf

Avocados supply more potassium than bananas. This, plus their rich mono-unsaturated fat content, makes them super healthy for the heart.



Moroccan harira

This vegetarian version of the classic Moroccan soup contains turmeric, which is good for heart and brain health, and inflammatory conditions like arthritis. Cumin improves blood circulation, while cinnamon is a digestive aid and helps regulate blood sugar levels.

This one-pot makes enough for two meals this week.

BENEFITS vegetarian • low fat • low cal • folate • fibre • vit c • iron • 4 of 5-a-day • good for you

SERVES 4 **PREP** 15 mins

COOK 40 mins **EASY**

1-2 tbsp rapeseed oil
2 large onions, finely chopped
4 garlic cloves, chopped
2 tsp turmeric
2 tsp cumin
½ tsp cinnamon
2 red chillies, deseeded and sliced
500g carton passata
1.7 litres reduced-salt vegetable bouillon
175g dried green lentils
2 carrots, chopped into pieces
1 sweet potato, peeled and diced
5 celery sticks, chopped into small pieces
⅔ small pack coriander, few sprigs reserved, the rest chopped
1 lemon, cut into 4 wedges, to serve

1 Heat the oil in a large non-stick sauté pan over a medium heat and fry the onions and garlic until starting to soften. Tip in the spices and chilli, stir briefly, then pour in the passata and stock. Add the lentils, carrots, sweet potato and celery, and bring to the boil.

2 Cover the pan and leave to simmer for 30 mins, then cook uncovered for a further 5-10 mins until the vegetables and lentils are tender. Stir in the chopped coriander and serve in bowls with lemon wedges for squeezing over, and the reserved coriander sprinkled over.

PER SERVING 335 kcal • fat 6g • saturates 1g • carbs 48g • sugars 21g • fibre 13g • protein 16g • salt 0.2g



Adding coriander after cooking helps protect its beneficial oils and flavour.



Meatballs with fennel & balsamic beans & courgette noodles

Rich in potassium, courgettes are used instead of pasta here as a delicious gluten-free alternative. Potassium helps to lower blood pressure and maintain a healthy heart rate.

BENEFITS freezable (meatballs only) • low fat • low cal • folate • fibre • vit c • iron • 4 of 5-a-day • good for you
SERVES 4 **PREP** 35 mins
COOK 40 mins **EASY**

400g lean beef steak mince
2 tsp dried oregano
1 large egg
8 garlic cloves, 1 finely grated, the others sliced
1-2 tbsp rapeseed oil

1 fennel bulb, finely chopped, fronds reserved
2 carrots, finely chopped
500g carton passata
4 tbsp balsamic vinegar
600ml reduced-salt vegetable bouillon

For the courgette noodles

1 tsp rapeseed oil
1-2 large courgettes, cut into noodles with a julienne peeler or spiralizer
350g frozen soya beans, thawed

1 Put the mince, oregano, egg and grated garlic in a bowl and grind in some black pepper. Mix together thoroughly and roll into 16 balls.
2 Heat the oil in a large sauté pan over a medium-high heat, add the meatballs and fry, moving them around the pan so that they brown all over – be careful as they're quite

delicate and you don't want them to break up. Once brown, remove them from the pan. Reduce the heat slightly and add the fennel, carrots and sliced garlic to the pan and fry, stirring until they soften, about 5 mins.

3 Tip in the passata, balsamic vinegar and bouillon, stir well, then return the meatballs to the pan, cover and cook gently for 20-25 mins.

4 Meanwhile, heat the 1 tsp of oil in a non-stick pan and stir-fry the courgette with the beans to heat through and soften. Serve with the meatballs and scatter with any fennel fronds.

PER SERVING 380 kJals • fat 14g • saturates 3g • carbs 20g • sugars 15g • fibre 11g • protein 37g • salt 0.5g

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Low-cal breakfasts

Don't reach for a cereal bar. These low-calorie recipes are far more interesting and will keep you feeling full until lunchtime

recipes SOPHIE GODWIN *photographs* CLARE WINFIELD



Ham, mushroom & spinach frittata

If you're cooking for one, save half in the fridge for breakfast the next day.

SERVES 2 PREP 4 mins
COOK 9 mins EASY

1 tsp oil
80g chestnut mushrooms, sliced
50g ham, diced
80g bag spinach
4 medium eggs, beaten
1 tbsp grated cheddar

1 Heat the grill to its highest setting. Heat the oil in an ovenproof frying pan over a medium-high heat. Tip in the mushrooms and fry for 2 mins until mostly softened. Stir in the ham and spinach, and cook for 1 min more until the spinach has wilted. Season well with black pepper and a pinch of salt.



2 Reduce the heat and pour over the eggs. Cook undisturbed for 3 mins until the eggs are mostly set. Sprinkle over the cheese and put under the grill for 2 mins. Serve hot or cold.

BENEFITS low cal • folate • 1 of 5-a-day • gluten free
PER SERVING 226 kcals • fat 15g • saturates 5g • carbs none • sugars none • fibre 1g • protein 22g • salt 1.1g

Cardamom & peach quinoa porridge

SERVES 2 PREP 3 mins
COOK 20 mins EASY

75g quinoa
25g porridge oats
4 cardamom pods
250ml unsweetened almond milk
2 ripe peaches, cut into slices
1 tsp maple syrup

1 Put the quinoa, oats and cardamom pods in a small saucepan with 250ml water and 100ml of the almond milk. Bring to the boil, then simmer gently for 15 mins, stirring occasionally.

2 Pour in the remaining almond milk and cook for 5 mins more until creamy.



3 Remove the cardamom pods, spoon into bowls or jars, and top with the peaches and maple syrup.

BENEFITS vegan • low fat • low cal • fibre • vit c • iron • 1 of 5-a-day • good for you
PER SERVING 231 kcals • fat 4g • saturates 1g • carbs 37g • sugars 10g • fibre 6g • protein 8g • salt 0.2g

Kale, tomato & poached egg on toast

SERVES 2 PREP 2 mins
COOK 7 mins EASY

2 tsp oil
100g ready-chopped kale
1 garlic clove, crushed
½ tsp chilli flakes
2 large eggs
2 slices multigrain bread
50g cherry tomatoes, halved
15g feta, crumbled

1 Bring a large pan of water to the boil. Heat the oil in a frying pan over a medium heat and add the kale, garlic and chilli flakes. Cook, stirring occasionally, for 4 mins until the kale begins to crisp and wilt to half its size. Set aside.



2 Adjust the heat so the water is at a rolling boil, then poach your eggs for 2 mins. Meanwhile, toast the bread.

3 Remove the poached eggs with a slotted spoon and top each piece of toast with half the kale, an egg, the cherry tomatoes and feta.

BENEFITS vegetarian • low cal • folate • vit c • 1 of 5-a-day
PER SERVING 251 kcals • fat 12g • saturates 3g • carbs 18g • sugars 2g • fibre 3g • protein 15g • salt 0.8g

Banana pancakes

SERVES 2 (makes 4)
PREP 5 mins COOK 5 mins
EASY

1 large banana
2 medium eggs, beaten
pinch of baking powder (gluten-free if coeliac)
splash of vanilla extract
1 tsp oil
25g pecans, roughly chopped
125g raspberries

1 In a bowl, mash the banana with a fork until it resembles a thick purée. Stir in the eggs, baking powder and vanilla.

2 Heat a large non-stick frying pan or pancake pan over a medium heat and brush with half the oil. Using half the batter, spoon two pancakes into the pan, cook for 1-2 mins each side, then tip onto a plate. Repeat the process with the



remaining oil and batter. Top the pancakes with the pecans and raspberries.

BENEFITS vegetarian • low cal • vit c • 1 of 5-a-day • gluten free
PER SERVING 243 kcals • fat 15g • saturates 2g • carbs 15g • sugars 14g • fibre 4g • protein 9g • salt 0.3g



For more low-calorie breakfast recipes, visit bbcgoodfoodme.com

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Sushi supper

Try making your own sushi at home!

Smoked mackerel maki rolls

SERVES 4 **PREP** 20 mins

COOK 25 mins **A LITTLE EFFORT**

150g sushi rice

2 tsp rice wine vinegar

4 nori sheets

1 red chilli, deseeded and cut into matchsticks

1/2 carrot, peeled and cut into matchsticks

1/4 cucumber, cut into matchsticks

100g smoked mackerel, skin removed, torn into small pieces

soy sauce, for dipping

1 Put the rice in a small bowl, cover with cold water and massage the grains with your hands to remove the starch. Drain and repeat the process until the water runs clear.

2 Put the rice in a small saucepan with a tight-fitting lid. Cover with 2.5cm of cold water, put the lid on and simmer over a medium heat for 10 mins. Take off the heat and leave with the lid on for a further 15 mins. Stir through the vinegar, then leave to cool completely.

3 Fill a small bowl with cold water and lay out a sushi mat (about £1 from any large supermarket). Place a nori sheet, shiny-side down, on top of the sushi mat. Spread a quarter of the rice onto the nori, leaving a 1cm border at the top.

4 Put a quarter of the chilli and carrot in a line at the bottom of the rice. Place a quarter of the cucumber and mackerel in a strip along the centre.

5 Dampen the top border with a little water to help seal the roll. Fold the bottom edge of the seaweed over the first line of the filling, then use the sushi mat to roll up the maki. Repeat to make four rolls. Using a serrated knife, cut each roll into eight rounds. Serve with soy sauce for dipping.

BENEFITS low cal

PER SERVING 218 kcal • fat 6g • saturates 1g • carbs 30g • sugars 2g • fibre 3g • protein 9g • salt 0.6g



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Make the most out of lamb

The oven does all the hard work for this beautifully tender lamb lunch, cooked low and slow

recipes ROSIE BIRKETT *photographs* HELEN CATHCART



'This lamb shoulder is one of my favourite roasts to cook because, although it takes a little time for the meat to marinate, it's low-maintenance and yields some fantastic leftovers. The beauty is that you can customise the

marinade according to your tastes, or what you have in the fridge that needs using up, then simply leave it to look after itself in the oven with a low, slow roasting.

'The fat from this economical cut renders as it cooks, basting the meat and infusing the whole thing with lots of flavour. Once cooked, the melting meat can be pulled apart with two forks. If you're having friends over for Sunday lunch, bringing a fragrant pulled lamb shoulder to the table for everyone to tuck into is a guaranteed crowd-pleaser. Leftovers will keep well in the fridge for a few days, and are perfect for my flatbread with smoky aubergine.'





Slow-roasted shoulder of lamb

SERVES 4 plus leftovers **PREP** 15 mins
plus at least 3 hrs marinating
COOK 5 hrs **EASY**

2kg lamb shoulder
3 onions, each sliced into
3 thick discs

For the marinade

1 shallot, halved
4 garlic cloves
4 cherry tomatoes
2 anchovies
½ tsp cumin seeds, toasted
½ tsp coriander seeds, toasted
½ tsp pink peppercorns
2 tbsp rosemary leaves
1 thyme sprig, leaves picked
small bunch mint, leaves chopped
70ml white wine
4 tbsp olive oil
1 tbsp brown sugar
zest and juice 1 lemon
For the gremolata
zest ½ lemon
1 garlic clove, crushed
1 tbsp finely chopped mint

1 Blitz all the ingredients for the marinade in a food processor. Pierce the lamb all over with a sharp knife, put it in a large roasting tin and slather the marinade onto the meat, coating thoroughly. Cover with cling film and leave in the fridge for at least 3 hrs, preferably overnight.
2 Take the lamb out of the fridge at least half an hour before you cook it to bring it to room temperature. Heat oven to 160C/140C fan/gas 3. Put the onions in the roasting tin, resting the lamb on top. Cover with tented foil and roast for 5 hrs, basting the meat occasionally.
3 Remove from the oven, transfer the lamb to a board and allow to rest, covered, for at least 30 mins. Return the tin of onions and marinating juices to the oven to keep warm.
4 Combine the gremolata ingredients in a bowl. Pull the lamb apart with forks and serve with the roasted onions and gremolata scattered over (save 400g lamb if you want to make the leftover recipes on page 72). Skim off any fat from the juices and serve alongside the lamb.

BENEFITS iron • 1 of 5-a-day

PER SERVING 776 kcals • fat 56g • saturates 21g •
carbs 16g • sugars 13g • fibre 3g • protein 48g • salt 0.6g

Braised summer veg

SERVES 4 as a side **PREP** 25 mins
COOK 30 mins **EASY**

200g broad beans, podded
1½ tbsp olive oil
200g courgettes, cut into discs
200g radishes, halved
300g fennel, sliced into lengths
1 thyme sprig
200ml chicken stock
knob of butter
1 tbsp lemon juice
handful each mint and basil leaves,
chopped (smaller ones left whole)

1 Fill a small saucepan with water and bring to the boil. Tip in the broad beans and cook for 30 secs. Drain, then immediately plunge the beans into a bowl of very cold water. Once cool, drain them and remove the skins.
2 Heat 1 tbsp oil in a heavy-bottomed sauté pan or skillet and fry the courgettes on a medium-high heat until caramelised. Remove from the pan with a slotted spoon, set aside in a bowl, then repeat with the radishes. Pour in the remaining oil and add the fennel. Cook until caramelised, then turn down the heat.
3 Add the thyme sprig and chicken stock, and cook for 8-10 mins, basting, until the fennel is tender.
4 Add the butter to the pan and tip in the courgettes, radishes and broad beans. Coat all the veg in the liquid, then add the lemon juice. Remove the thyme sprig, then scatter over the herbs to serve.

BENEFITS low fat • good for you • folate • fibre • vit c •
3 of 5-a-day

PER SERVING 136 kcals • fat 6g • saturates 1g •
carbs 9g • sugars 4g • fibre 8g • protein 7g • salt 0.2g

Tapenade skordalia

Skordalia is a rich purée made from potatoes (or another starchy base, such as bread), olive oil and plenty of garlic. It originates from Greece, where it is often served as a dip.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** †

800g floury potatoes (such as Maris Piper), cut into even-sized chunks
3 garlic cloves
150ml extra virgin olive oil
1 tbsp red wine vinegar
1½ tbsp black or green olive tapenade

1 Bring a large pan of salted water to the boil, add the potatoes and cook for 20 mins or until tender.
2 Meanwhile, crush the garlic with 1 tsp salt, using a pestle and mortar, to form a paste.
3 Drain the potatoes and allow to steam-dry for a couple of mins, then pass them through a ricer into a bowl (or see tip, below). Stir in the garlic paste and gradually add the olive oil, mixing thoroughly until you have creamy, light potatoes.
4 Stir through the red wine vinegar and the tapenade. Keep warm under foil until ready to serve alongside the lamb and veg.

BENEFITS vegan • gluten free

PER SERVING 527 kcals • fat 41g • saturates 6g •
carbs 34g • sugars 2g • fibre 4g • protein 4g • salt 1.8g



ROSIE'S TIPS

- If you're going out for the day, you can leave the lamb shoulder in the oven for up to 6 hrs.
- If you don't have a ricer, you can push the cooked potatoes through a sieve using the back of a ladle to get the same effect. For more tips on making mashed potato, watch the video at bbcgoodfoodme.com



Lamb shoulder & smoky
aubergine flatbread

Turn the page for Rosie's ideas for leftover lamb ▶



Two quick ideas for your leftovers

Lamb shoulder & smoky aubergine flatbread

This is loosely based on the Turkish dish of lahmacun, but with a thicker bread base similar to a pizza, and with shredded lamb shoulder rather than mince. The charred aubergine gives it a gorgeous smoky depth.

SERVES 2 PREP 30 mins plus rising
COOK 25 mins MORE EFFORT

For the flatbread

7g fast-action dried yeast
200g '00' grade flour
200g strong bread flour
1 tbsp olive oil

For the topping

1 aubergine
½ red onion, finely sliced
150g leftover lamb, shredded or chopped
2 tbsp finely chopped parsley
1 tomato, finely chopped
1 tbsp tomato purée
1 garlic clove, crushed
pinch of ground cumin
pinch of smoked paprika

1 tbsp pomegranate molasses (optional)

1 tbsp olive oil

1 tbsp pine nuts

For the tahini drizzle

1 tsp tahini

1 To make the flatbread, put the yeast and 250ml warm water in a jug and mix well. Leave to sit for a few mins.

2 Sift the flours into a bowl with 2 tsp salt, then slowly incorporate the yeast mix, stirring with a wooden spoon. Stir in the oil and turn the dough out onto a clean surface. Knead for 5 mins until you have a smooth, springy dough. Return to the bowl, cover with cling film and leave for 30 mins to puff up.

3 Char the aubergine over a gas flame or under a hot grill until smoky and collapsing – it should be soft enough to pull apart with a fork. Set aside to cool.

4 Tip the dough out and knead for a few mins more, then divide it into four and roll each piece into a smooth ball. Wrap three in cling film and freeze for later use.

5 Heat oven to 240C/220C fan/gas 8. Flatten the ball of dough with the palm of your hand and roll out into a wide, flat base 25-30cm long. Place on an oiled baking sheet and leave to rise a little while you make the topping.

6 Scoop the soft smoky flesh from the charred aubergine into a bowl and combine with all the other topping ingredients apart from the pine nuts. Spread the topping over the flatbread, then scatter over the pine nuts. Bake for 10-12 mins until the bread is puffed and golden, and the topping is piping hot.

7 Mix the tahini with 1 tbsp water to form a smooth dressing. Drizzle over the flatbread, cut into pieces and share.

BENEFITS freezable (dough only) • iron • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 711 kcs • fat 28g • saturates 7g • carbs 72g • sugars 10g • fibre 13g • protein 36g • salt 2.1g



Find more of Rosie's recipes at
bbcgoodfoodme.com

Lamb kottu roti

SERVES 2 PREP 25 mins

COOK 20 mins EASY

1 black cardamom pod

1 tsp fenugreek seeds

1 tsp cumin seeds

1 tsp coriander seeds

4 curry leaves

thumb-sized piece ginger, grated

1 garlic clove

1 tbsp groundnut oil

2 rotis, torn into small pieces

1 green chilli, finely sliced

1 carrot, peeled and sliced into thin strips

¼ white cabbage, shredded

250g leftover lamb shoulder

2 eggs, lightly whisked

3 spring onions, finely sliced

small bunch coriander, to serve

lime wedges, to serve

For the curry sauce

200ml coconut milk

1 tsp curry powder

1 tbsp soy sauce

1 tbsp tomato purée

1 Heat a frying pan over a medium-high heat, and toast the spices and curry leaves for a couple of mins until just browning and aromatic.

2 Use a pestle and mortar to grind the spices with a pinch of salt. Add in the ginger and garlic, and crush until you have a paste.

3 Stir together the ingredients for the curry sauce and have all your other ingredients ready.

4 Heat a wok over a high heat and add half the groundnut oil. Fry the rotis until starting to brown around the edges, then transfer to a plate.

5 Add the remaining oil, followed by the spice paste, and move it around the wok. Add the chilli, carrot, cabbage and lamb, and stir-fry for 5 mins before adding the egg and spring onions. Stir-fry for 2 mins more, mixing the egg in well, then add a couple ladlefuls of the curry sauce, stirring vigorously until the sauce is distributed and the mix is starting to dry. Return the rotis to the pan. Serve garnished with coriander leaves and lime wedges.

BENEFITS iron • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 911 kcs • fat 60g • saturates 32g • carbs 42g • sugars 14g • fibre 9g • protein 47g • salt 2.5g





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INEXPENSIVE SHELLFISH...

Cockles, mussels & clams

Quick to cook and
sustainable, shellfish deserves
a place on your dinner table

recipes BARNEY DESMAZERY

photographs STUART OVENDEN

Mussel
popcorn subs



Cockles, mussels and clams are sustainable, healthy and quick to cook.

I love these three bivalves because, as well as being delicious to eat, you are forced to interact, pick up the shells and slurp the meat out of them. It's a ritual that takes me back to eating mussels as a child, when I would revel in the fact that I was allowed to play with my food.

Yes, they can be bought in various states of preparation, from pickled jars to smoked and vacuum-packed, but what you want here are the fresh sort that, even after a rinse in water, will fill the kitchen with the smell of the sea.

Once cleaned and rinsed (see below right), their versatility is endless, which is why they go just as well with the rich, creamy, boozy flavours of colder climates as they do with the sweet, sour, salty and hot ingredients of sunnier climes. And if you can't find the one you need for a recipe, they are mostly interchangeable, with cockles being just a variety of clam anyway.

Mussel popcorn subs

I first tried these delicious shellfish bites, which are essentially battered mussels, at Mark Sargeant's coastal restaurant, Rocksalt, in Folkestone. He serves them in a hot dog roll as a bar snack resembling a po' boy, an American sandwich. This is great as a party snack or as an alternative to the fish in your fish & chip supper

SERVES 6 PREP 30 mins
COOK 40 mins A LITTLE EFFORT 🍴

For the mussel popcorn

1kg mussels, debearded and cleaned
small glass of white wine
130g strong white flour, plus extra for dusting
pinch of cayenne powder
pinch of baking powder
sunflower oil, for deep-frying

For the lime mayonnaise

4 tbsp mayonnaise
juice 1/2 lime

To serve

4-6 brioche hot dog rolls or sub rolls
shredded iceberg lettuce
chilli sauce and lime wedges

- 1 To make the lime mayonnaise, mix the mayo and lime juice together, then set aside. Can be made the day before and chilled.
- 2 Put the mussels in a saucepan with a tight-fitting lid and pour over

the wine. Cover the pan and place on a high heat for 1 min, then give it a shake and continue to cook for 2-3 mins until most of the mussels have opened. Tip the mussels into a colander set over a bowl to catch the stock. Freeze the stock for up to 2 months – it makes an intense base for a fish or seafood soup, risotto or sauce. When the mussels are cool enough to handle, remove the meat from the shells, discard the shells and dry the meat on kitchen paper. Can be prepared 1 day ahead and chilled.

3 Tip the flour, cayenne and baking powder into a bowl and season with a pinch of salt. Gradually whisk in about 150ml cold water until you have a thick batter.

4 Heat the oil in a deep-fat fryer or heavy-based saucepan to 180C. Dust the mussels in a scattering of flour, then tip them into the batter and gently mix until completely coated. Working in batches, use a spoon to drop the mussels into the hot oil and sizzle for 3-4 mins until crisp and golden. Use a slotted spoon to drain on kitchen paper and keep warm while you cook the next batch. Toast the buns, spread with the lime mayo and top with the lettuce and mussels. Drizzle over the chilli sauce and serve with the lime wedges for squeezing over.

PER SERVING 459 kcal • fat 29g • saturates 4g • carbs 34g • sugars 5g • fibre 2g • protein 14g • salt 1.6g

Korean clam broth – Jogaetang

This has to be the easiest, most clean-tasting shellfish broth ever – perfect if you want to cook something simple yet special, but you're short on time.

SERVES 4 PREP 10 mins
COOK 10 mins EASY

500g medium-sized clams, rinsed (see below)

1 tbsp gochujang chilli paste or white miso if you don't want it to be spicy
2 large garlic cloves, finely chopped
3 spring onions, whites finely sliced, greens roughly chopped
2 handfuls beansprouts
1 green chilli, cut into matchsticks
toasted sesame oil, to serve
cooked rice and kimchi or pickled cucumber, to serve

1 Drain the rinsed clams well and place them in a saucepan (with a lid) that fits them in a single layer. Pour over cold water to just cover (about 750ml should do it), then stir in the chilli paste, the garlic and the spring onion whites.

2 Cover with a lid, bring to the boil, then turn down the heat and simmer gently for 2-3 mins until the clams have all opened. Turn off the heat and stir through the beansprouts and chilli. Season with salt to taste, and decant into one large or two smaller bowls. Top with the spring onion greens and a drizzle of sesame oil, and enjoy with rice and something sharp like kimchi or pickled cucumber. You'll need soup spoons and a bowl for the empty shells.

BENEFITS low fat • iron • gluten free

PER SERVING 61 kcal • fat 1g • saturates none • carbs 3g • sugars 1g • fibre 1g • protein 9g • salt 1.0g



BUYING AND PREPARING

- Most fresh mussels are farmed on ropes (known as rope-grown) and are one of the most sustainable types of seafood you can buy. To prepare mussels, their 'beards' need to be pulled off, and any barnacles should be scraped.
- Different-sized clams can all be cooked the same way (see below), with the exception of razor clams. Cockles can be snapped up at a fraction of the price of other clams.
- Fresh mussels, clams and cockles will keep, chilled, in a bowl covered with a damp cloth for a few days. Before cooking, wash them well in several changes of cold water and make sure all the shells are tightly closed, discarding any that are open or damaged.

Korean clam
broth – Jogaetang



Easy Friday night
supper for friends

Poor man's vongole rosso

My dad swore that he made us linguine with cockles because they had more flavour, but I think it's because they were half the price of clams. Either way, they make a brilliant budget pasta dish. This is one of those recipes that seems simple but needs to be done properly for it to shine. I've been tweaking it over the years to perfect it so it isn't too soupy and there is just enough sauce to cling to the pasta.

SERVES 4 PREP 10 mins

COOK 25 mins EASY !

2 tbsp olive oil
3 garlic cloves, thinly sliced
400g can cherry tomatoes

glass of white wine
small pinch of golden caster sugar
750g cockles, rinsed (see box, opposite)
400g linguine
1 tbsp good-quality extra virgin olive oil

1 Heat the olive oil in a large saucepan with a lid. Add the garlic and sizzle for 1 min, then tip in the tomatoes. Use the white wine to swirl round and rinse out the tomato can, then tip it into the pan, sprinkle over the sugar and turn up the heat. Simmer until everything becomes thick, making sure you stir occasionally so it doesn't burn on the bottom of the pan – this will take 15-20 mins.

2 Once the tomatoes have had about 10 mins, cook the pasta in a big pan of salted water until just cooked – this will take about 10 mins – then drain. When the tomatoes and wine have reduced to a thick sauce, throw the cockles into the pan, stir once, cover with a lid and turn the heat up to max. Cook for 3-4 mins until all the cockles have opened, then stir again. Turn off the heat and stir through the pasta with the extra virgin olive oil until everything is coated. Try a strand of pasta and season with salt to taste. Bring the pan to the table with a separate bowl for the shells, and serve straight from the pan.

BENEFITS low cal • iron • good for you • 1 of 5-a-day
PER SERVING 448 kcals • fat 12g • saturates 2g • carbs 59g • sugars 7g • fibre 4g • protein 19g • salt 0.7g

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Get more from your food

The ingredients you buy are only half the story when it comes to optimum nutrition. How you prepare, cook and eat your food can make all the difference



Eat raw

Some vegetables are more beneficial eaten raw, including broccoli and watercress, as heat reduces the potency of helpful anti-cancer compounds.

To peel or not to peel?

Don't automatically reach for the peeler. Aubergine skin is rich in protective anthocyanins – the same beneficial compounds found in blueberries – while cucumber skin is packed with silica, essential for healthy hair and nails. Similarly, the skins of courgettes are a useful source of lutein and zeaxanthin, which promote healthy eyes. If you plan to eat unpeeled veg, always wash it well beforehand.

Choose frozen

At certain times of the year, frozen fruit and veg – which are frozen as soon as they are picked – will contain more beneficial

nutrients than fresh produce, which has been transported and stored, causing it to lose valuable nutrients.

Activate!

Pre-soaking or 'activating' nuts and seeds makes them easier to digest and helps you absorb more of their nutrients. Put the nuts or seeds in a bowl and top with double the volume of cold, filtered water. Cover and leave at room temperature for eight hours, or overnight, then drain and rinse before using.

Don't be afraid of fat

Fat can help us absorb certain nutrients. For example, by adding oil to vegetables you'll increase your absorption of beta-carotene, which is converted into vitamin A – good for healthy skin. Enjoy a spinach salad with vinaigrette dressing, and roasted vine tomatoes with a drizzle of olive oil.

It's not just what you eat, it's how you eat it...

Eating mindfully allows signals to be sent to the brain letting our bodies know when we're full, preventing us from overeating.

Research has shown that eating mindfully improves digestion, regulates our appetite and helps us enjoy our food more. Here are four steps to being a more mindful eater.

Eat when your body tells you to

When you feel hungry, or mealtime is approaching, become aware of your body and the messages it is giving you. Learning to accept and tolerate a degree of hunger stops us from knee-jerk reactions, and eating something we don't really need or making a rushed and unhealthy choice. Stopping to read your 'hunger' will help you understand it – are you really hungry for food, or is it boredom, the result of mood swings, hormone changes or emotions?

Choose thoughtfully

Be more aware of why you choose the food

you do, and what's on offer. Notice different foods, consider what they will do for you, what they're made of, how they're prepared, how they look, smell and potentially taste, as well as their cost. Be aware that the choice is yours, and what thoughts or feelings arise from each option – without trying to change them.

Prepare with care

Take time to consider your food as you prepare it. How are you going to best make and cook it to optimise its nourishing qualities? How will you eat it? Aim to eat only while sitting at the table with all distractions (your phone, tablet or TV) switched off.

Finally, enjoy the experience

It doesn't matter where you are or what you're eating – notice the textures, sounds, smells and what the food looks like on the plate in front of you. When you take a bite, notice the temperature, the mouth-feel and the different flavours coming into play.

Get more from garlic

To get the most from the healthy compound allicin, chop or slice garlic 10 minutes before you need it, and add to the dish shortly before the end of cooking. If heated for too long, the health benefits are reduced.



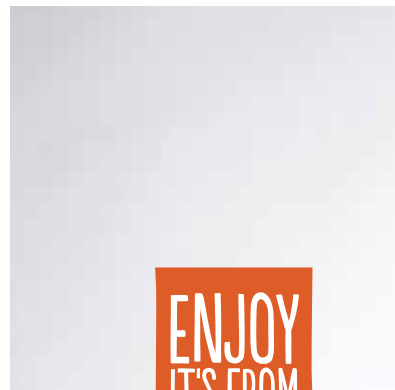


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10 healthy snacks

Feeling peckish? These satisfying snacks can be made in minutes

recipes SOPHIE GODWIN photographs SAM STOWELL

There is a way to snack healthily – and this is it! Our snacks are made with wholesome, minimally processed ingredients, and are low in sugar and salt. They're a healthy alternative to shop-bought, high-sugar snacks that can cause a spike in blood sugar levels, leaving you reaching for the biscuit tin a short time later.

If you have one or two of these to hand, you won't be tempted by unhealthy alternatives.

ALL RECIPES SERVE 1

Crushed pea & mint dip with carrot sticks

In the small bowl of a food processor, blitz **70g defrosted frozen peas** with **1 tbsp ricotta**, the juice of **1/2 lemon**, **1 tbsp chopped mint** and some black pepper. Serve with **1 carrot**, cut into sticks for dipping.

BENEFITS vegetarian • low fat • 2 of 5-a-day • gluten free

PER SERVING 121 kcal • fat 3g • saturates 1g • carbs 15g • sugars 11g • fibre 8g • protein 6g • salt 0.1g

Spiced almonds

Put **20g unsalted, unroasted almonds** in a bowl and sprinkle with a pinch of **smoked paprika**.

BENEFITS vegetarian • gluten free

PER SERVING 128 kcal • fat 11g • saturates 1g • carbs 1g • sugars 1g • fibre none • protein 5g • salt none

Coconut-roasted edamame

Heat oven to **200C/180C fan/gas 6**. On a baking tray, mix **70g podded edamame beans** (or 170g in their pods) with **1/2 tsp sunflower oil** and **2 tsp organic, unsweetened desiccated coconut** and bake in the oven for 10 mins.

BENEFITS vegetarian • folate • 1 of 5-a-day • gluten free

PER SERVING 149 kcal • fat 10g • saturates 5g • carbs 4g • sugars 2g • fibre 5g • protein 8g • salt none

Apple crunch

Cut **1 small eating apple** in half and spread with **1 tbsp organic unsalted crunchy peanut butter**.

BENEFITS vegetarian • 1 of 5-a-day • gluten free

PER SERVING 132 kcal • fat 8g • saturates 2g • carbs 8g • sugars 8g • fibre 2g • protein 5g • salt 0.1g



Pitta pocket

Fill 1/2 a wholemeal pitta bread with 25g cooked skinless chicken breast, 1/4 cucumber, cut into chunks, and 4 cherry tomatoes, halved.

BENEFITS low fat • 2 of 5-a-day • good for you
PER SERVING 146 kcals • fat 2g • saturates none • carbs 17g • sugars 4g • fibre 3g • protein 13g • salt 0.3g

Sweet potato fries

Heat oven to 200C/180C fan/gas 6. Cut 95g sweet potato into fries, put on a baking tray and mix with 1 tsp rapeseed oil and 1/4 tsp cayenne pepper. Bake in the oven for 20 mins.

BENEFITS vegetarian • 1 of 5-a-day • gluten free
PER SERVING 147 kcals • fat 3g • saturates none • carbs 25g • sugars 13g • fibre 4g • protein 1g • salt 0.1g

Egg & soldiers

Cut 1 soft-boiled egg in half and serve with 7 spears of steamed asparagus for dipping.

BENEFITS vegetarian • low fat • folate • 1 of 5-a-day • good for you • gluten free
PER SERVING 103 kcals • fat 6g • saturates 2g • carbs 1g • sugars 1g • fibre 2g • protein 11g • salt 0.2g

Chilli avocado

Sprinkle 1/2 small avocado with 1/4 tsp chilli flakes, the juice of 1/4 lime and a little black pepper, and eat with a spoon.

BENEFITS vegetarian • 1 of 5-a-day • gluten free
PER SERVING 102 kcals • fat 10g • saturates 2g • carbs 1g • sugars none • fibre 3g • protein 1g • salt 0.1g

Fruit & seed yoghurt

Stir 1 sliced kiwi, 1 tsp mixed seeds and 1/4 tsp cinnamon into a 150g pot of 0% fat probiotic yoghurt.

BENEFITS vegetarian • low fat • calcium • vit C • gluten free
PER SERVING 133 kcals • fat 2g • saturates none • carbs 18g • sugars 17g • fibre 2g • protein 9g • salt 0.3g

Chocolate banana ice cream

In a blender, blitz 1 frozen banana with 1 tsp cocoa powder until smooth. Eat straight away.

BENEFITS low fat • 1 of 5-a-day • gluten free
PER SERVING 110 kcals • fat 1g • saturates none • carbs 23g • sugars 21g • fibre 2g • protein 2g • salt none



HOW TO SNACK SMART

The best way to avoid getting too hungry is to eat every three to four hours. Three small meals with a couple of healthy snacks in between will manage your blood sugar levels and help you to feel fuller for longer.

These snacks are the perfect pick-me-up, and some of them will help you to hit your 5-a-day target too.

Celebrating Mediterranean Fare, Curated by Bateel

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Summer Holiday baking

From toddlers to teens, kids will love making these treats

recipes EDD KIMBER photographs SAM STOWELL

Being creative, learning skills

With the rise of the teen food blogger and children's cooking competitions, such as CBBC's *Junior Bake Off*, young chefs are now jostling for space in the kitchen.

We've always believed in getting kids into the kitchen, no matter how young, and these recipes are designed to be a gentle introduction to the basics of baking. From layering fruit onto tarts, to making thumbprints in these biscuits (right), even toddlers can get stuck in. Older children and teens can take the lead in making the upside-down banana cake and blueberry scones – they'll be so proud of their achievements.

The results are homemade treats that everyone can enjoy, and not a tube of icing in sight, says Lily Barclay.

Chocolate & hazelnut thumbprint cookies

Most of this is done in a food processor, but younger children can roll the dough into balls and use their thumbs to finish off the cookies. Older kids can make them on their own.

MAKES 25 **PREP 20 mins** plus chilling
COOK 20 mins **EASY**

180g hazelnuts, toasted
100g plain flour
90g buckwheat flour
60g golden caster sugar
180g unsalted butter
100g dark chocolate, roughly chopped
1 tsp coconut oil (or use any flavourless oil)

1 Line a baking tray with baking parchment. Tip the hazelnuts into the bowl of a food processor and pulse until finely chopped. Add the flours, sugar and a pinch of flaked

sea salt, and process for 20-30 secs until fully combined. Add the butter and pulse until the mixture just starts to come together. Tip the dough out onto a work surface and knead by hand until smooth.

2 Roll the dough into 25 small balls, then transfer to the prepared baking tray. Using your thumb or the handle of a wooden spoon, make an indent in the centre of each piece of dough. Put the tray in the fridge and chill for 30 mins before baking. Heat oven to 180C/160C fan/gas 4.

3 Bake in the oven for 15-20 mins or until light golden brown. Put the chocolate and oil in a heatproof bowl and set over a pan of simmering water, stirring occasionally, until fully melted. Use a teaspoon to top each cookie with a little melted chocolate. Put aside until the chocolate has set.

BENEFITS freezable (without the chocolate filling)
PER THUMBPRINT 163 kcals • fat 12g • saturates 5g • carbs 9g • sugars 4g • fibre 1g • protein 2g • salt none





**The perfect
project for
little hands**

Mixed fruit tart
**Pile the berries high
or play with patterns**



Sticky upside-down
banana cake
**Instagram sensation
for the new teen cook**





Blueberry scones
**Go freestyle when
working with dough**

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Sticky upside-down banana cake

SERVES 12
PREP 15 mins
COOK 1 hr 5 mins
EASY

For the topping

80g unsalted butter, plus extra for greasing
150g light brown muscovado sugar
½ tsp vanilla bean paste
4 large bananas
For the cake batter
240g plain flour
2½ tsp baking powder
1 tsp cinnamon
½ tsp ground ginger
300g golden caster sugar
120g unsalted butter, very soft
3 large eggs
150ml soured cream

1 Heat oven to 180C/160C fan/gas 4 and lightly grease a deep 23cm-round cake tin, lining the base with baking parchment

2 To make the topping, put the butter and sugar in a small saucepan and cook over a medium heat until melted and combined. Add the vanilla and mix together. Pour the caramel into the cake tin and spread in an even layer. Cut the bananas in half lengthways and arrange on top of the caramel, cut-side down.

3 To make the batter, put all the ingredients in a large bowl with ¼ tsp salt. Use an electric mixer to beat together on a low speed until the batter is smooth and evenly mixed. Pour the batter on top of the bananas and level out with a spatula. Bake in the oven for 55 mins-1 hr or until a skewer inserted in the middle comes out clean. If the cake begins to look too dark, cover with foil after 45 mins. Allow to cool in the tin for 10 mins before turning out onto a plate. Best served warm but also delicious at room temperature. *Best eaten within 2 days.*

PER SERVING 427 kcal • fat 18g • saturates 11g • carbs 62g • sugars 45g • fibre 2g • protein 5g • salt 0.4g



Mixed fruit tart

For older children, this is a useful introduction to handling pastry.

SERVES 8 **PREP** 25 mins plus
1 hr 30 mins chilling **COOK** 35 mins
A LITTLE EFFORT

220g plain flour, plus extra for dusting
1 tbsp golden caster sugar
110g unsalted butter, chilled and diced
1 large egg yolk
120g mascarpone
250ml double cream
1 tsp vanilla bean paste
1 tbsp icing sugar
300g fruit (we used cherries, redcurrants and various berries), chopped if necessary

1 Heat oven to 180C/160C fan/gas 4. To make the pastry, put the flour, sugar and a pinch of salt in the bowl of a food processor, then pulse to combine. Add the butter and pulse until the mixture resembles coarse breadcrumbs. Add the egg yolk and 3 tbsp very cold water, and pulse until the mixture just starts to come together. Tip the dough onto a work surface and use your hands to bring together into a uniform dough. Wrap in cling film and chill for 1 hr. *Can be made up to 3 days in advance.*

2 On a lightly floured work surface, roll out the pastry and use to line a 23cm tart tin. Trim off the excess and chill for 30 mins. Prick the chilled pastry shell with a fork and line with a crumpled piece of baking parchment. Fill with baking beans or rice, and bake in the oven for 20 mins. Remove the parchment and put the pastry back in the oven for 12-14 mins or until golden. Take out of the tin and put on a wire rack to cool completely.

3 To make the filling, put the mascarpone, cream, vanilla and icing sugar in a large bowl and whisk until it just holds soft peaks. Spread the cream mixture into the pastry case in an even layer. Decorate with the fruit, however you like. Best eaten on the day.

PER SERVING 471 kcal • fat 36g • saturates 22g • carbs 31g • sugars 10g • fibre 2g • protein 5g • salt 0.1g



Blueberry scones

MAKES 8
PREP 15 mins
COOK 25 mins
EASY

370g self-raising flour, plus extra for dusting
1 tsp baking powder
40g golden caster sugar
zest 1 large lemon
80g unsalted butter, chilled and diced
300g blueberries
100ml single cream
1 tsp vanilla extract
2 large eggs, plus 1 for glazing

1 Heat oven to 200C/180C fan/gas 6 and line a baking tray with parchment. To make the scones, put the flour, baking powder, sugar and lemon zest in a large bowl and mix together to combine. Add the butter and use your fingers to rub into the flour until the mixture resembles coarse breadcrumbs (don't rub too thoroughly; some larger lumps are preferable). Add the blueberries and toss together.

2 In a small jug, mix together the cream, vanilla and eggs, and pour into the mixture. Use a cutlery knife to stir together until the mixture starts to form a dough. Tip onto the work surface and use your hands to gently knead until the dough just comes together. Lightly flour your work surface and flatten the dough into a disc about 2.5cm thick. Use a sharp knife to cut it into eight triangles.

3 Transfer the scones to the prepared baking tray. Beat the remaining egg, then lightly brush it over the top of each scone. Bake in the oven for about 20-25 mins or until deep golden brown. *Will keep for up to 3 days in an airtight container.*

PER SERVING 329 kcal • fat 13g • saturates 7g • carbs 44g • sugars 9g • fibre 2g • protein 8g • salt 0.6g



Next month
Healthy food that kids will love. For more recipes and projects for children, visit bbcgoodfoodme.com

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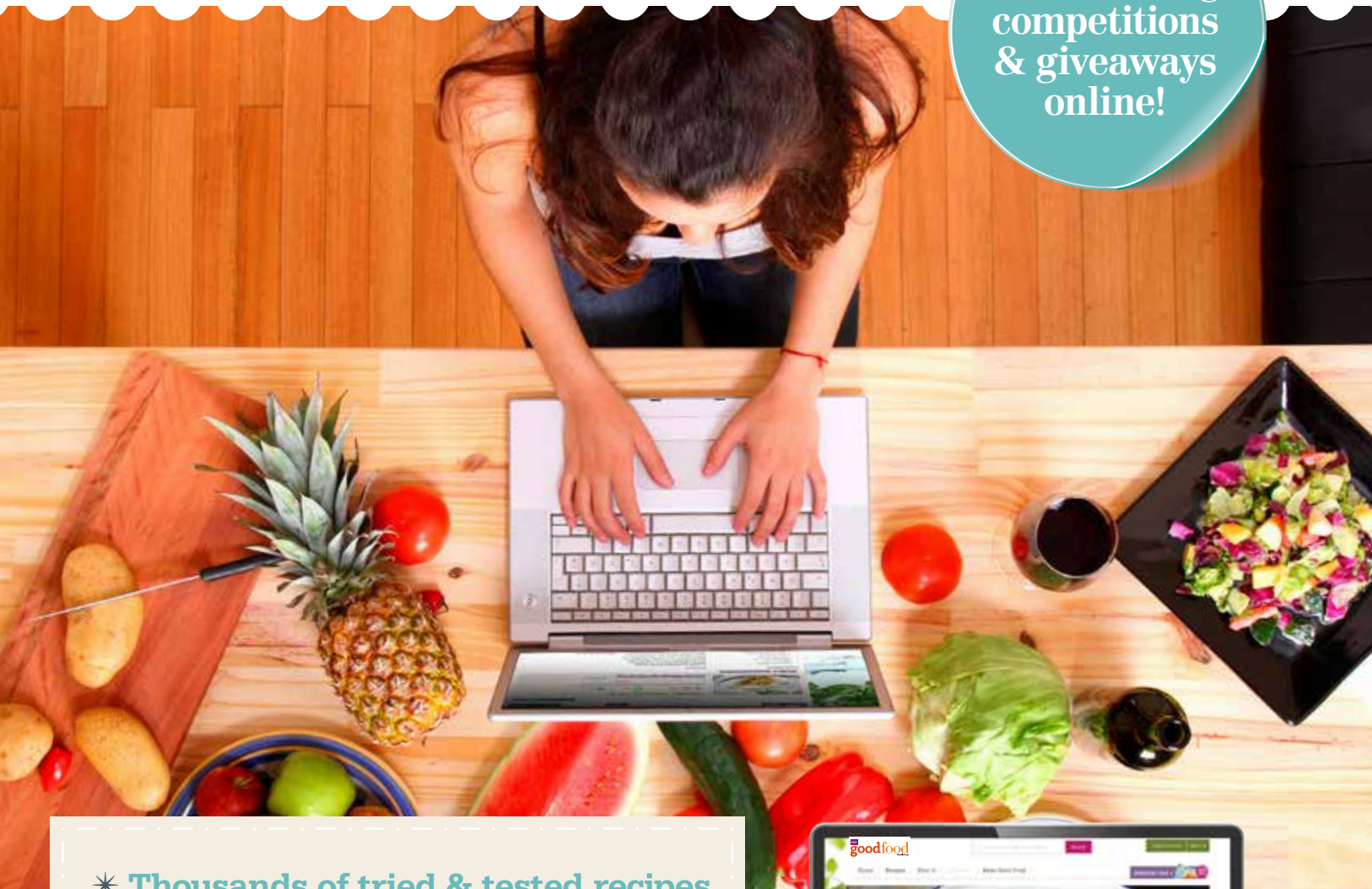


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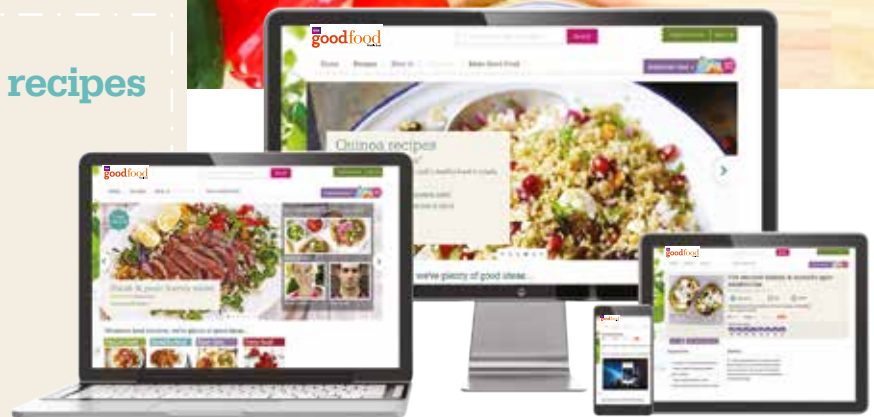
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TWICE AS NICE

PB&J Bakewell tart

Every month, we'll be combining two classics to create a recipe that's doubly delicious

recipe CASSIE BEST photograph STUART OVENDEN

Over here, we love a Bakewell. In the US, they adore peanut butter & jelly. We've married the two to create a modern, exciting Anglo-American tart.

SERVES 12-15 PREP 35 mins plus chilling COOK 45 mins easy

80g roasted unsalted peanuts, plus 2 tbsp to serve
100g peanut butter
75g plain flour
1 tsp baking powder
120g butter, softened
150g golden caster sugar
1 egg, plus 1 egg white (use the yolk in the pastry)
50g raspberry jam, plus 2 tsp to serve

For the chocolate pastry
200g plain flour
4 tbsp cocoa
130g cold butter, chopped into small pieces
1 egg yolk
2 tbsp icing sugar, plus 5 tbsp for the drizzle

1 First, make the pastry. Tip the flour, cocoa, butter and a pinch of salt into a food processor and blitz until the mixture resembles fine breadcrumbs. Add the egg yolk, icing sugar and 2 tbsp cold water and blitz again until just starting to clump together. Tip onto your work surface (don't worry about washing the bowl), knead briefly into a smooth ball of dough, then flatten into a thick disc shape, wrap in cling film and chill for 30 mins.

2 Add the remaining ingredients – except for the jam and the peanuts to serve – to the food processor and blitz until smooth and creamy. Heat oven to 180C/160C fan/gas 4.

3 Remove the pastry from the fridge and roll out to the thickness of a £1 coin. Lift the pastry into a 22cm fluted tart tin and press it into the corners, taking care not to rip it. Trim the excess pastry with scissors, leaving an overhang of about 1cm. Line with baking parchment and baking beans, and bake for 15 mins.

4 Remove the parchment and beans and return to the oven for 5 mins more, until it looks biscuity. Remove from the oven and use a small serrated knife to trim the pastry to the height of the tin. Discard (or nibble on) the off-cuts.

5 Spoon the jam onto the base of the tart and spread to the edges. Top with the peanut mixture, spreading to the edges to cover the jam. Bake for 45 mins until the sponge is cooked and a skewer inserted into the centre comes out clean. Cool in the tin for 15 mins, then transfer to a wire rack to cool completely.

6 Mash the remaining icing sugar and jam together to make a smooth icing and drizzle on top. Roughly chop the remaining peanuts and scatter over. *Leftovers will keep in an airtight container for 3 days.*

BENEFITS freezable

PER SERVING (15) 368 kJ • fat 22g • saturates 11g • carbs 35g • sugars 20g • fibre 2g • protein 7g • salt 0.6g





In the kitchen with....

PIERRE GAGNAIRE

We step into the kitchen with world-leading chef Pierre Gagnaire during a recent visit to his restaurant, Reflets par Pierre Gagnaire at InterContinental Dubai Festival City, to learn about his world, while cooking up a mouthwatering recipe for you to try at home.
By Sophie McCarrick

With three Michelin stars under his belt, over 10 successful restaurants worldwide and Le Chef's title of 'best chef in the world' as his own, Pierre Gagnaire is notably one of the most respected chefs in the industry.

It's easy to feel at ease with him. He's charming, humble, charismatic and humorous. And, even with the plethora of accomplishments he's rightfully earned, he shows no sign of slowing down anytime soon.

He oozes class and a real passion for food, hospitality and socialising. Sat down and ready to begin, he playfully kick-starts the interview...

So what dish are you going to be cooking up for our readers to try at home today?

I have absolutely no idea [he laughs]. In my opinion every time you step into the kitchen, it should be an exciting opportunity to create a new idea and a new dish. So that's what we'll do today. Let's see...



You have such a fantastic, creative way of looking at food. Has it always been this way for you?

Not always. My first food memory is from my grandmother. My brother and I were always together as kids, and in the mornings when we were in bed my grandmother would bring us both a biscuit topped with butter and chocolate. When you're a kid, you don't realise the significance – crumbs in the bed and half asleep still – but thinking back, it's a very special, fond memory for me. It was quiet in the countryside, in the village where I was born, and how blissful it was to enjoy just a simple biscuit, with really amazing butter and a

thin slice of chocolate. If I'm honest though, cooking wasn't that important to my family. I came from an area of France that wasn't known for its food produce. It was quite a poor area.

So, what made you want to become a chef?

Well, my father had a restaurant, and I'm the oldest of my family so that naturally became my job. However, I didn't like it at first, but after a few years it was my life and my passion for food started. I didn't understand initially how working in this industry could open doors for meeting new people and how creative it'd allow me to be. With maturity and experience my appreciation grew.

Passion is necessary to become a great chef then...

It is. Technique and skill are important, but not 'so' important in the beginning. To be a great chef you need to love people in a way that you desire to cook for them and please them, you must have passion and you must have technique. Technique is something you can learn, but work ethic is not. This comes through pure passion, dedication and wanting to truly learn about something.

If you don't love what you do in the kitchen, your job will feel harder and your working hours will feel longer,

because you're constantly having to push. Whereas when you have natural passion, you want to be there and work becomes so much easier.

You've travelled a lot throughout your career, where have you had your most memorable dining experience?

I have had many, but I believe great experiences come in all forms. You can have a great experience with a cup of tea and a biscuit because you are quiet, comfortable and relaxed, you feel great – and for someone that could be all they want. Of course, the quality of the food is important, but what really matters in the way you feel – that's what makes an experience.

Despite your outstanding success, you've always shied away from the whole TV/celebrity chef scene. Why is that?

The reason is because when you do that, you spend a lot of time doing that. When you have the opportunity to be in the spotlight, it's incredible the way that people see you, but if you become famous this doesn't go away once the TV is switched off. You can be in a supermarket with people pointing at you, and I hate that! People become



The team at Reflets par Pierre Gagnaire, Intercontinental Festival City (from top, left to right):
Clement Duplay
Jeff Le luherne
Kevin Prouve
Julia Demichelis
Pierre Gagnaire
Francois-Xavier Simon

totally inquisitive and lose their minds around you. I don't want to be treated like that.

Taking a look at Reflets' menu, how often is the menu changed to reflect seasonality?

I think chef Francois who heads up the kitchen here would best answer this...

Francois steps in: Every season we change our menu, so at least four times per year. Then in between seasons we always add in a dish or perhaps remove or change a few items. Sometimes we won't change an entire dish – especially if it's a favourite – but we'll change certain elements of the dish, perhaps the sauce or a side ingredient.

Over the years since Reflets opened, you must have noticed a change in the accessibility to ingredients here in Dubai...

Absolutely. Back then we'd get maybe one delivery a week, where now it's a minimum of five if necessary, plus the suppliers have stock so things are more readily available. There's a lot more of the newer products coming onto the market here now too.

Pierre steps back in: Yes, they come to us now with a variety of new products to try. Suppliers are anticipating the market and I think 2020 will help a lot,

bringing in more chefs, which will increase the accessibility again.

Looking locally, are there any ingredients in particular that you're fond of from the Middle East, which you buy to take home with you?

Yes! The dates, camel milk, honey, lamb, and spices.

At home, what five ingredients are always in your kitchen?

Olive oil, vinegar, butter, salt – salt is very important, and honey.

What is your home comfort food, or guilty pleasure ingredient?

An orange.

Wow, I wasn't expecting something so healthy!

Well you see, when I was a child an orange was special. It was not something that was very accessible to me growing up. It was something very special to have an orange, in my time. And, if I had to pick something else I'd choose bread – a piece of nice bread with a little piece of chocolate on it. Another comfort food would be oysters. I love oysters.

When you're at home, do you cook often?

In the summer, yes. In August when I'm

at home, I enjoy getting into the kitchen. It's my pleasure to cook for my family as I don't see them very often so I enjoy spending this time with them over dinner at home.

Family and food, nothing beats it...

Absolutely! Family is so important. And, I have to be honest. It's not always easy to have a relationship with someone who works in the food industry, if the other half doesn't have an understanding of what the job entails, because of the long hours, passion and dedication it takes. If your partner doesn't understand that, it will be impossible, and most nights you'll return home to an argument because of how late it is. Many people leave the industry because of this – or their relationship ends.

If you could go back and give your younger self some advice, what would you say?

Don't forget about your family and don't forget your private life. It's important to find balance.

How did you find that balance?

It's something I have to work at every day. You must pay attention to the details all the time – put a cross on your agenda and stick to it. You must be conscious every day about this. Especially when children come, otherwise the time will fly. Every detail is important and you must actively pay attention to the daily needs of your loved ones. Things change, but family is always most important. Life is precious. Live in the now and appreciate what today is, for one day you might look back and realise how happy that time was. It's easy to get caught up on in work. Don't take things too seriously.



**Try chef Pierre's
recipe at home!**

Lamb and Carabineros

SERVES 4

For the chickpea gnocchi

200g of chickpeas pureé
2 egg yolks
20g parmesan cheese, grated
25g flour

Salt and pepper, to taste

For the carabineros juice

4 Carabineros (shrimps)
Olive oil, as required
2 shallots, minced
200g mineral water

For the garnish

1 pomelo (from Thailand if possible)
5g butter
Pinch of espelette pepper
4 lamb cutlets

Salt and pepper, to taste
Splash of mineral water
10g butter
Small handful of fresh spinach
1tbsp tomato powder

1 To make the chickpea gnocchi, mix the chickpea pureé, egg yolk, parmesan cheese and flour in a bowl until combined, seasoning to taste. Separate the dough into gnocchi sized balls and then cook in boiling water for 2 minutes.

2 Grill the Carabineros shrimp in a pan with a drizzle of olive oil. Crush the shells and heads of the shrimp, and pan fry them in the same pan, add the shallots and the water. Cook slowly during for 20 minutes. Remove the shrimps and strain the carabineros juice from the pan into a bowl. Discard the leftover shells.

3 Cut the pomelo into 4 slices and pan fry slightly with butter and espelette pepper.

4 Grill the lamb chops and add a little seasoning. When cooked to preferred temperature, deglaze with mineral water.

5 Place the grilled shrimps and grilled lamb in the same pan and cook quickly with 10g of butter and the carabineros juice, until all coated and hot.

6 Quickly pan fry the gnocchi until golden brown, and blanch the baby spinach in boiling water. Remove both from pans, and plate the gnocchi on the bottom and then the spinach on top.

7 To finalise plating, add the lamb and the shrimps to the dish, with a sprinkle of tomato powder on top.

8 Serve and enjoy!



My life on a plate

STEPHEN MANGAN

Everyone has a dish that conjures up childhood memories – and one to pass on to the next generation. Here the actor shares his with us

RADA-trained actor **Stephen Mangan** is best known for his television roles in *Green Wing* and BBC Two's *Episodes*, and last year received rave reviews for his performance in *Rules for Living* at the National Theatre. Earlier this year, he starred in the new ITV Encore series *Houdini & Doyle*. He lives in London with his wife and three young children. For more about Stephen, visit stephenmangan.co.uk



The recipe I grew up with

'We had this weird dish called Victorian diable, which was made from leftover roast beef with a gravy sauce made with capers. I didn't particularly like it, but it featured largely in my childhood. It felt like we had it every week; we must have had roast beef most weekends. We were very traditional that way.'

'My mum was the cook and, as the only boy, I wasn't really expected to help around the house, only in the garden. It was all very sexist. I was never involved with preparing food, but I'm not making the same mistake with my children.'



Victorian diable sandwich

We've taken the classic flavour pairings of a Victorian diable – roast beef, capers, Dijon mustard, parsley and gravy – and served it in a warm baguette.

SERVES 2 **PREP 5 mins**
COOK 30 mins **EASY**

1 tbsp olive oil
1 banana shallot, finely chopped
150ml red wine
300ml beef stock (we used bouillon)
1 large baguette
½-1 tbsp Dijon mustard
100g cold roast beef
½ small pack parsley, finely chopped
1 tbsp capers, finely chopped
1 tbsp butter
handful spinach, to serve

1 Heat oven to 180C/160C fan/gas 4. Pour the oil into a small saucepan over a medium heat, add

the shallot with a pinch of salt and cook, stirring frequently, for 5 mins until softened and beginning to caramelise.

2 Tip in the wine, cook for a couple of mins until reduced by half, then pour in the stock. Leave to bubble for 15-20 mins until you have a thick gravy.

3 Put the baguette in the oven for 5 mins to warm up and crisp, then cut in half lengthways. Spread one half with mustard and top with the roast beef.

4 Add the parsley, capers and butter to the gravy, stirring until the butter has melted. Season to taste, then spoon the gravy over the other half of the baguette, scattering over some spinach leaves. Halve, divide between two plates, then eat straight away, with more gravy on the side.

PER SERVING 511 kcs • fat 18g • saturates 6g • carbs 45g • sugars 6g • fibre 4g • protein 26g • salt 3.4g

The recipe I would pass on

‘We’ve already got our older two children cooking – they’re five and eight. Children and food is a very emotive subject; it gets very difficult when your child won’t eat. I can understand why parents get so fraught about that. Food is such an essential part of their well-being, and mine are picky, like a lot of kids. It drives me crazy, but I know that shouting at them to eat avocado is not the way forward.

‘We make pancakes together because they’re so easy to make, even for young kids. These are slightly customised – we sort of ‘health food’ it up with agave syrup and a nut mixture. They’re delicious. We use those packs of mixed nuts all crunched up. It’s a weekend tradition that we make them together. I want to get them used to the idea that food doesn’t magically appear by itself.

‘My eight-year-old, Harry, can make them on his own already. He hasn’t given himself third-degree burns yet – so far, so good.’

Simple nutty pancakes

MAKES 4 (easily doubled)
PREP 5 mins **COOK 5 mins** **EASY**

150g self-raising flour
½ tsp baking powder
1 large egg
150ml milk
2 tbsp agave syrup, plus extra to serve
50g mixed nuts, chopped
2 tbsp rapeseed oil, for frying

1 Tip the flour and baking powder into a large bowl with a pinch of salt. Make a well in the centre, then add the egg, milk and syrup. Whisk until smooth, then fold in half the nuts.

2 Heat 1 tbsp oil in a large, non-stick frying pan over a medium-high heat. Spoon two ladles of the mixture into the pan and cook for 1 min each side. Repeat to make two more.

3 Serve with a drizzle of agave syrup and the remaining nuts for extra crunch.

PER PANCAKE 333 kcs • fat 15g • saturates 2g • carbs 39g • sugars 9g • fibre 2g • protein 9g • salt 0.6g



Sky-high indulgence

With dazzling, 360-degree views over London, five-star dining and unfaltering hospitality, Shangri-La Hotel, At the Shard provides an unforgettable experience – for you and your taste buds. Sophie McCarrick tells why this travel gem should be one on your bucket list.

Strolling through the streets of central London, it's hard not to miss the gorgeous gleaming, shard-shaped tower gloriously standing out from the crowd.

It's a structural masterpiece and oozes sheer opulence. From the moment you reach the lobby on floor 35 of the building, prepare yourself for a truly luxurious, British experience, because it's hard not to feel like royalty here.

Located in the United Kingdom's capital, The Shangri-La Hotel, At the Shard is the country's first elevated hotel and boasts 185 guestrooms, 17 suites, and three fabulous food and beverage outlets (not forgetting a very impressive infinity pool and gym on level 52 – say 'hello city views!').

This is a hotel well worth splashing out on. It's a hotel that'll take your London trip to a whole other level. It's unique, one of a kind and an unmissable spot to visit.

Even if you're unable to stay here, I'd highly recommend booking a visit to dine here, or pop up to the Gong Bar on floor 52 where the most delightful cocktail menu imaginable resides.

Now, for the most important part: the food!

Wine and dine

It's quite a dazzling food affair here. The culinary team of 70 is led by executive chef Gareth Bowen, and they do a fantastic job.



Perched on the 35th floor, you'll find a restaurant called 'Ting', which despite what the name, serves modern European cuisine. Across the a la carte menu and chef's tasting menu, some of the best British ingredients are showcased, with many of the main elements sourced locally from the neighbouring Borough Market, chef Gareth tells.

With the Shangri-la brand originating from Asia, the menu also includes influences from that area of the world. There are some great fusion dishes on offer at Ting. Expect to find

options including Welsh Lamb from the Rhug Estate – glazed with mirin, sake and soy sauce and served with root vegetables and Kentish apples; and Hand-Dived Scallops – cooked a la plancha with carrot, ginger and a light yuzu and grape seed olive oil.

Or, like us, if you opt to go with the chef's menu, prepare to be wowed by dishes like duck foie gras with English strawberry, griotte cherry and soft brioche, white organic chicken that comes with black garlic, peas and baby gem (this dish was my favourite – so flavoursome!), wild seabass with nettle, razor clams and a Lapsang Souchong consommé, with a delicious dessert of strawberries and verbena to finish.

The tasting menu costs £105 (Dhs507) for seven courses – and with so many interesting flavour combinations, high-quality ingredients and flawless execution, is worth every penny!







For breakfast at Ting, you can head to the buffet or order à la carte. Divided into sections: 'Healthy', 'À la carte', 'Arabic', and 'Full English', there's plenty to choose from, for all tastes. It's a perfect place to start your day.

Across the way, the lounge serves a distinctive à la carte menu of authentic Asian specialties, many from the heart of Penang. If you're looking for more of an Asia-inspired meal, here's where to go head. With dishes like Curry Laksa, Hainanese Chicken Rice and Nasi Goreng Kampung on the menu throughout the day, you'll not be disappointed.

Located on the ground floor, Láng is the hotel's cake shop and artisan deli showcasing a selection of



Shangri-La signature cakes alongside savouries such as soups, salads, sandwiches and seasonal hampers, with an option to eat-in or take-away.

For drinks, a trip up to the city's highest bar, Gǒng, is not to be missed. Its name comes from 'dougong' – an ancient Chinese structural element of interlocking wooden brackets, used to support historical Chinese temples and palaces, and shows strongly through the bar's interiors. It's safe to say this is a pretty unrivalled setting for sundowners in London. And, with a champagne bar and cocktail bar, there's quite a variety.

Food experiences

If you're looking for something a little more interactive, chef Gareth has range of options on offer for you to choose from.

"If guests would like to learn more about what's on offer locally, we have a concept called 'at the market with chef', which lets visitors take a trip to the market with me to pick up ingredients of their liking, before heading back to the hotel for a personalised five-course dinner – prepared using the products they picked," explains chef Gareth.

The exciting culinary experience is something that can be chosen at booking stay or during your stay. Inclusive in your night's stay, the experience costs £475 (Dhs2,300) and also includes a classing classic Champagne Afternoon Tea and a personalised apron.



MEET THE CHEF

With over 25 years of culinary expertise in fine dining executive chef Gareth oversees the hotel's three unique wining and dining venues. He also leads the imaginative 24-hour in-room dining offering as well as the banqueting experience in the three river-facing function rooms on level 34 of the Shard.

The three AA Rosette-winning chef is someone who strives to be continually innovative, and has a passion for locally sourced produce, and admits: "I was fortunate to of been brought up around seasonal good food which was intrinsic to life."

Chef Bowen's passion for fine dining, seasons and good quality food saw his career guided to Michelin-starred and AA Rosette-winning restaurants and hotels such as De-Vere Dormy Hotel and his very own restaurant 'Brookleys; in the UK's New Forest.



Or for something else a little different, Ting Restaurant is home to a swanky 'Chef's Market Table'. Here is where chef Gareth serves a four course menu, championing local ingredients, which are all of course in tune with the seasons.

You can do this for lunch or dinner and it includes welcome drinks, canapés and wine pairing with the 4-courses. Priced at £95 (Dhs460) (Mon to Thu) and £125 (Dhs605) (Fri, Sat and Sun) per guests (minimum of six and maximum of eight guests) including wine pairing.

And, for the foodies planning to visit London in October, don't miss the 'Festival of Gastronomy' at the hotel, which will see a world-class chef who has earned Michelin stars come to the property for one week to serve up a beautiful fine dining set lunch and dinner menu.

"It's the first year we've done it, so it's all very exciting," chef says.

"All in all, our offering is simply unique. The fusion between oriental and local produce we have here is really special, and there's something for everyone," he adds.

In the area

Situated in one of London's most vibrant and historic areas, Shangri-La Hotel, At The Shard, London is

close to London's key attractions including The View from The Shard, Tate Modern, Shakespeare's Globe, Borough Market, the Tower of London and St. Paul's Cathedral.

Just minutes from the hotel, the Southbank is home to one of the most visited modern art galleries in the world, Tate Modern. Set in the former Bankside Power Station, Tate Modern is Britain's national gallery of international modern and contemporary art. Admission to the gallery is free except for special exhibitions.

Borough Market, one of London's oldest and largest food markets is just moments away. The bustling market serves as an integral source of the most exceptional British and international produce for the city's restaurateurs as well as locals and tourists looking for delectable delights. It's an absolutely amazing place to see – especially coming from Dubai where markets like this just simply don't exist.

Also close by is the Shakespeare's Globe Theatre, a spectacular reconstruction based on academic approximations of the original 1599 and 1614 structures, allows for Shakespeare's works to be viewed 400 years on.

And, not forgetting The Tower of London, which has served a variety of

purposes in the more than 900 years since it was built by William the Conqueror. Constructed initially as a fortified castle it has since been used as an armoury, a prison, a zoo and now most notably as Her Majesty's Royal Palace and Fortress. Among other areas, you will have access to see the Crown Jewels, The White Tower and the Line of Kings.

If you're in London for the shopping – it won't disappoint. Just five minutes by tube from the hotel, the Royal Exchange, is home to some quintessentially British merchants and some of the world's leading boutique stores, including Hermès, Gucci and Tiffany & Co. Alternatively Bond Street is just 10 minutes away by tube providing direct access to Bond Street and Oxford Street shopping areas.

Shangri-La Hotel, At The Shard, London

Call: +44 20 7234 8000

Website: www.shangri-la.com/london/shangrila/

Twitter: @ShangriLaShard

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gf

test kitchen

We're here to help you get the best from your cooking. Our expert tips and reviews will take your kitchen skills up a notch

FOOD IN FOCUS

The towering burger

To plate up the most iconic, on-trend burger, stack it high. Work on the principle that your heaviest item – usually the patty – goes at the bottom, and lighter elements like lettuce will be at the top. This helps to build an upright, stable burger from the base up.

If you're using melted cheese, cut a slice so that the corners just melt over the edge of the burger as it cooks.

Crown the top with the bun, but don't press down on it too enthusiastically. To give it extra attitude (and keep it all in place), push a steak knife or skewer through the middle. Now it's ready to eat (and Instagram!).

Pick the perfect... PARING KNIFE

There are some good cheap paring knives on the market, but this versatile German workhorse is a real winner. The short 8cm blade means that it acts like an extension of your hand, giving you good control over trickier

jobs, yet it still feels weighty and balanced. If you're a minimalist cook and want just two knives for your kitchen, this is the small one to go for. *Henckels Zwilling Pro paring knife, Dhs275 at www.zwillingonline.com.*



TAKE A COOKERY COURSE

Spice Spoons cooking class at Anantara Dubai and Abu Dhabi

Step behind the scenes of Thailand's world famous gastronomy with this richly interactive experience that is designed to immerse you in the colourful local culture and traditional heritage of Thai cuisine. Enjoy a captivating cooking class as you learn to master the unique flavour balance of Thai cuisine and prepare a selection of authentic dishes under the expert tuition of a Thai Master Chef. Savour your creations for lunch and leave with impressive new skills to entertain your family and friends at home. The Spice Spoons cooking classes are available at Anantara the Palm Dubai Resort and Eastern Mangroves Hotel and Spa by Anantara. Rates start at Dhs500 to Dhs750 per person, inclusive of soft drinks or a glass of house beverage with lunch. Running from Saturday to Thursday, classes are limited to a minimum of 2 guests, and up to a maximum of 6 guests. Reservations are required at least 24 hours in advance. Call 04-5678304.



CHEF SWAPS

Guinea fowl for chicken

There is very little you can do with a whole chicken that can't be done with a guinea fowl, making it a popular alternative. The flavour is slightly gamier, which is how a top-quality, outdoor-reared bird should taste.

A large guinea fowl is the size of a small chicken, so adjust timings accordingly. Jointed pieces are thinner and need less cooking time.

DO YOU REALLY NEED TO...

Season with pepper?

We're as guilty as everyone else of instructing to season with salt and pepper, but – other than adding a pleasant spicy aroma – pepper isn't essential in the seasoning process.

Salt, on the other hand – which enhances flavour and tenderises protein – is one of the five tastes our taste receptors recognise, along with sweet, sour, bitter and umami. They're the most important elements for balancing a dish.





DO IT BETTER

Griddling

Griddling on a ridged pan is an indoor alternative to direct-heat barbecuing. But, with nowhere for fats or juices to drain, it can be a tricky cooking method to control if you choose the wrong ingredients – so don't presume that if it can be barbecued, it can be griddled.

- 1 Always heat your griddle well before cooking, then oil the food, not the griddle.
- 2 Never griddle food that's coated in a thick marinade (like yoghurt or curry paste) without wiping it all off first – the excess marinade will just stick to the pan and burn before the food cooks properly.
- 3 Leave food to sear and mark well before turning. If it feels like the food is sticking to the pan,

leave it – the more it marks the easier it will come away.

- 4 For a classic steakhouse crosshatch, griddle the food until marked, then turn it 90 degrees and leave it to mark again.

- 5 Griddling fat causes smoke, so use leaner cuts of steak and less oil for less smoke. You can transfer a hot griddle pan to a hot oven to minimise the smoke output and finish the cooking process.

HOT HACK

BUTTERY BISCUIT BASE

The easiest and cleanest way to press a biscuit base right into the corners of a cake tin is to put your hand in a sandwich bag and use it as a makeshift kitchen glove.



HOW TO EAT

A rack of ribs

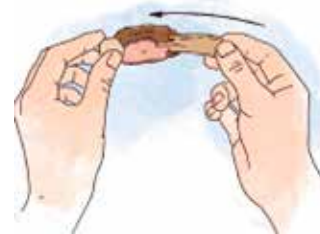
As pork ribs are so sticky, you'll use your fingers a lot. You'll need napkins or wet wipes – consider a finger bowl and a makeshift bib.



- 1 Separate each rib by cutting between the meat and the bone. If the ribs are really tender, tear them apart with your hands.



- 2 Hold the rib at each end with your fingertips (not your hands), then bring it up to your mouth.

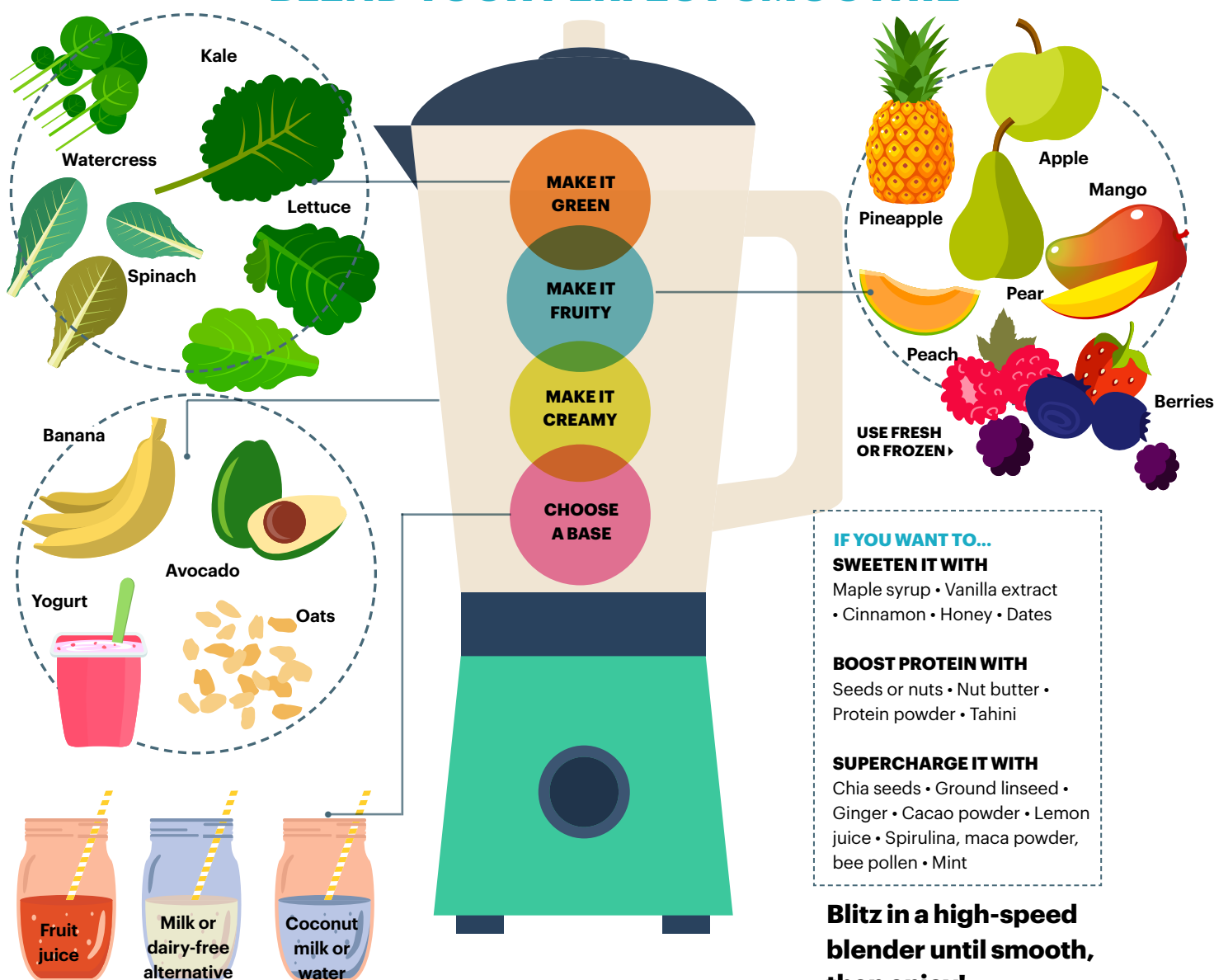


- 3 Strip the meat with your teeth. Work methodically from one end to the other.



- 4 Don't start in the middle unless you want to end up with sauce on your cheeks. When you're finished, you'll need some dental floss and a little privacy. Rack of ribs – done!

BLEND YOUR PERFECT SMOOTHIE



YOUR WEEKEND CHALLENGE

Homemade brown sauce

Michelin-starred British chef Adam Byatt says: 'When it comes to homemade, tomato sauce can't come close to brown. Mine is great with ham, egg & chips – my old man's favourite, and a classic Sunday night supper from my childhood.'

Brown sauce

MAKES 1 litre (about 4 small bottles' worth) **PREP** 10 mins
COOK 50 mins **EASY**

500g pitted dates
1 onion, chopped
2 garlic cloves, chopped
1 chilli, deseeded and chopped
juice 1 orange
75ml apple juice
75ml malt vinegar
50g molasses
50g tamarind paste
25g tomato paste

$\frac{1}{2}$ tsp Chinese five-spice powder
 $\frac{1}{2}$ tsp mustard powder

1 Put all the ingredients in a large saucepan with 150ml cold water and 1 tsp salt. Cover the surface with baking parchment. Simmer over a low heat for 50 mins until the fruit softens. Cool for 30 mins.
2 Transfer to a blender and blend, then decant into containers while warm. Seal and store in the fridge. *Will keep for up to 2 months.*

BENEFITS vegan • low fat • gluten free
PER TBSP 28 kcal • fat none • saturates none •
carbs 6g • sugars 6g • fibre 1g • protein none • salt 0.1g

SIX QUICK TRIPS

Must-visit food regions

From a cycling trip in Catalonia to catching crayfish in Sweden, six European destinations with seriously good food

The beautiful village of Bibury



Best for **COUNTRY WALKS** **The Cotswolds**

Chocolate-box perfect Broadway gets all the tourists, but few villages are prettier than Southrop (pronounced Sutherup), which has The Swan pub at its heart.

No ordinary country boozier, the menu has Italian influences with dishes such as red mullet escabeche with fennel, saffron & radish, gilt head bream 'en papillote' and garden rhubarb puff pastry tart with clotted cream.

Opposite The Swan and under the same ownership is Thyme (thyme.co.uk), a beautifully renovated estate that includes a cookery school, feasting

hall and contemporary bar – The Baa – complete with sheepskin seating.

The pub, cookery school and restaurant – due to open later this year – take supplies from the kitchen garden, home to Thyme's rare-breed sheep, pigs and chickens. Guided visits to the farm are encouraged so that some of the more unusual heritage and heirloom varieties of vegetables can be highlighted, such as puntarelle (chicory) and palla rossa (radicchio). Afterwards, pick up a walking map and do a loop of the surrounding villages. One of the walks takes in four villages before you circle back to The Swan for lunch.

Locally, there are farmers' markets to visit on the second

and fourth Saturdays of the month at Cirencester, on the second Thursday at Stow-on-the-Wold, and every Friday in Gloucester. Within a few miles (you can hire a bike), explore the village of Bibury, with its 17th-century cottages, and Bourton-on-the-Water, billed as the 'Little Venice' of the Cotswolds.

Where to stay

You can stay at Thyme too – there are comfortable bedrooms in cottages and the delightful Thyme Manor, where crisp linen, rolltop baths and damson vodka nightcaps ensure a peaceful night's sleep. Rooms from Dhs1,250 per night.



Smögen harbour **BELOW**
Cooking freshly caught mussels at Musselbaren



Best for **SCANDI SEAFOOD SAFARIS**

Gothenburg, Sweden

The buzzing port city of Gothenburg could not rank higher in the Scandinavian hipster food scene. Home to more zero-food-miles cafés, gourmet vegetarian restaurants and coffee roasteries-cum-delis than you can shake a cinnamon bun at (the national sweet of choice), it is also the birthplace of AirDine (airdine.com).

This just-launched social dining scheme is being touted as 'Air BnB for food lovers', transforming participating homes into makeshift restaurants. The scheme is set to go worldwide later this year.

Feature SARAH BARELL | Cotswolds words CHRISTINE HAYES | Photographs ALAMY, GETTY, JONAS INGMAN, ALESSANDRO SAFFO/SIME/ACORNERS, SHUTTERSTOCK



Within an hour's reach of the city, Gothenburg's west coast can be explored by boat on a number of seafood safaris. August's crayfish season sees tables heaving with dill-soused crustaceans – usually a celebration confined to private homes, but you can join the party at Smögens Hotel (*smogenshafvsbad.se*), with crayfish menus and catch-and-cruise trips around the region's 8,000-island archipelago.

But for antique clapboard charm, there's nowhere like hotel Villa Sjötorp (*villasjotorp.se*) in the teeny town of Lyckorna. Its gothic dining room overlooks the water, and the eight-course tasting menu is made almost entirely from local, organic produce – there's fallow deer, ox and seafood galore. Double rooms from Dhs480.

If you don't manage to try local mussels here, pop down to the harbour's clock tower that now serves as a shellfish bar and hub for foraging forays out to sea, where you can catch and cook your own (*musselbaren.se*).

Best for **ARTISAN PASTA** **Puglia, Italy**

Head for Puglia's 'deep south' – the Salento region, an hour's drive from Brindisi. The lesser-known tip of Italy's heel is fast becoming a getaway for Italophiles who want to avoid the crowds of the Naples coast, and the expense of Italy's northern beach resorts.

Crystal waters and wild, white-sand beaches yield octopus and sea urchin, which feature heavily in everything from crudo (a sort of local sashimi) to pasta dishes. At the family-run Gustavo Ristoro (Call 0039-3456155711) outside the small coastal towns of Nardo and Galatone, you'll find these along with Pugliese peasant food – grano bruciato (literally: pasta from scorched grain) served with rape (a bitter brassica leaf and flower) or crumbled Salento ricotta.

Head for the beaches around nearby Santa Maria al Bagno and south towards the dramatic promontory town of Gallipoli, to find roadside kiosks stacked with spiky piles of ricci (sea urchins, below), the seafood emblem of Italy's south, plus polpo (little octopus) and oysters.

In Nardo, check into one of a burgeoning number of smartly renovated baroque palazzi, from Dhs260 per night. (*nardosalento.com*)



Best for **FEAST OF GASTRONOMY** **Catalonia, Spain**

Home to the Costa Brava beaches, Barcelona, and birthplace of Ferran Adrià's pioneering El Bulli restaurant, Catalonia gets plenty of attention. But step beyond these honeypots to discover the lesser-known corners of this region – crowned 2016's European Region of Gastronomy (ERG). Catalonia cultivates a vast range of unique products and dishes, from butifarra (an uncured spiced sausage) to fine arbequino oil made from the green olives of some of Spain's oldest trees, and its myriad varieties of wild mushrooms.

This summer, producers opened their doors with culinary celebrations that included an 'open weekend' (17-19 June), where farms, restaurants and hotels offered tastings and tours.

Explore Catalonia on a self-guided cycle break, staying in small hotels and an agriturismo (farmhouse), some of which will be participating in ERG events. This is easy riding along a flat via verde (cycling path), with luggage transferred between hotels.

How to do it Seven nights B&B plus five dinners, trip notes, maps and bike hire from Dhs4,000pp, based on two sharing. Flights are extra. (*inntravel.co.uk*)



Best for
RUSTIC CUISINE
Alentejo, Portugal

The rolling farmland, verdant vineyards and cork forests of Alentejo may take up around a third of Portugal's landmass, but this rural region is still known only to the savviest of food travellers. Almost half of all Portuguese wine comes from Alentejo's small, independent vintners, with robust, well-balanced reds such as those from the Herdade do Esporão Winery increasingly snagging gold medals. This is the latest region to entice Europe's vineyard travellers, with rustic restaurants and wine resorts opening in historic quintas (farms).

In the land of 'pork and cork', don't miss hearty roast loins of local black hogs, along with lamb and veal from Montemor-o-Novo. Try Cabrito de cachafrito, a slow-roasted lamb dish from Castelo de Vide, signature of D. Pedro V (dpedrov.com.pt), a rustic restaurant set in former royal stables.



Blarney Castle

'Must-eats include seafood chowder, Irish stew and freshly baked cakes'

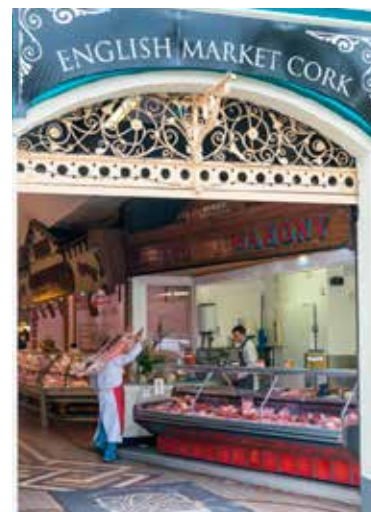
Best for
IRISH TALES AND TRAILS
Cork, Ireland

County Cork is known for many things, chief among them Blarney Castle, whose stone is said to have given birth to countless Irish folk tales. This local love of lyricism creeps into most areas of culture, with tales looming large in tours with the aptly named Fabulous Food Trails (fabfoodtrails.ie). These two- to three-hour guided excursions introduce travellers to the characters behind some of the city's best food outlets, markets, restaurants and lively pubs, with a nibble and a natter at each stop-off Dhs210.

In Cork's elegant 18th-century English Market, great buys include rings of vacuum-packed black and

white Clonakilty Black Pudding from K. Noonan, while must-eats are the seafood chowder, Irish stew and hearty slices of freshly baked cakes at Farmgate Café (farmgatecork.ie). The city's standout restaurant is nearby Ivory Tower (ivorytower.ie), where Seamus O'Connell has made a name as one of Ireland's most innovative chefs. Eat Irish fare with worldly influences and truly outré sushi: maki roll with frankfurter, sauerkraut & crisps, anyone? O'Connell also offers cooking classes, should his flair inspire you.

Just along the coast, the postcard-perfect harbour town of Kinsale gave birth to Ireland's first gastropub (established by the inimitable O'Connell back in 1989), high-end craft



shops and national seafood landmarks like Fishy Fish (fishyfishy.ie), a gourmet café that does more than fried fare. Don't miss the lobster thermidor.

Hit the sands just east of Cork, on the four-mile stretch of Blue Flag beach at Garryvoe, the best place to walk off a long lunch at Ballymaloe (ballymaloe.ie), Ireland's renowned country house hotel. Rooms here cost from Dhs500 per night including a bumper breakfast with both black and white pudding.



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Rotana

Jumeirah Beach – Dubai

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**Mother
Baby &
Child**

Budget Lisbon

Low-cost Lisbon is a top-quality getaway with sparkling seafood, local wines and a vibrant, forward-looking food culture

Portugal's capital is one of Europe's bargain city breaks – hotels and restaurants cost half that of other Eurozone holiday hotspots (we're looking at you, pricey Paris, Barcelona and Amsterdam), yet there's no compromising on quality. The cobbled streets and hillside neighbourhoods of this pretty port city are home to independent boutiques selling Portuguese-made charcuterie, cheese and endless arrays of smoked, cured and preserved fish.

Lisbon is defined by its maritime heritage, with museums exhibiting artefacts from the Age of Discovery, and markets and restaurants still dominated by the fish dishes that fed families long before explorers sailed out to conquer the New World.

However, this is not a place stuck in old food habits. Young chefs are revitalising traditional recipes and reimagining petiscos (the Portuguese equivalent of tapas/shared plates) to innovative effect. Lisbon's largest market has become one of the liveliest places in Europe to sample food trucks. All of this is elegantly accompanied by an increasing number of medal-winning wines from the capital's back country, the rural Alentejo and Douro regions, where historic quintas (farm estates) are fast being converted into wine resorts with destination restaurants.

Where to eat and drink

Dona Quiteria This artfully redone 19th-century grocery store, in a teetering hilltop location, serves new takes

on classic Portuguese dishes such as chouriço, bacalhau (salt cod), and ovos verdes (fried, deviled eggs). Book ahead to snag one of the few tables in this friendly neighbourhood hangout. Dinner around €20 (Dhs80), not including wine (Call 00351-213951521).

Chafariz do Vinho Classic Portuguese and Brazilian dishes served in the cathedral-like setting of an 18th-century former water reservoir, part of Lisbon's historic aqueduct system. This enoteca offers a wide range of Portuguese wines, each carefully chosen by oenophile experts

'Hotels and restaurants cost half that of other Euro hotspots'

(notably João Paulo Martins, author of the esteemed *Wines of Portugal* guides). Try the DOC Bairrada espumante (sparkling cava-like wine) with the date & bacon gratin, and a zesty vinho verde with the various plates of mussels, oysters and cod carpaccio. Plates from €5 (Dhs20). chafarizdovinho.com

Café Fabulus Proof that the petiscos concept doesn't conform to the strictly



rationed sizes of Spanish tapas, this courtyard café-restaurant lets you graze on small plates or share mains. Don't miss the pèra bêbada, a 'drunken' poached pear & goat's cheese salad; the shamelessly indulgent bacalhau à brás (salt cod with eggs, onions & chips) and octopus salad with red onions & green peppers, liberally sprinkled with coriander. Traditional dishes brought bang up to date, from €7 (Dhs28). fabulas.pt

Ribiera market This dockside hipster food hall is an atmospheric spot for cheap eats, set in a 19th-century market recently converted and (rather heavily) rebranded by the *Time Out* franchise. Open until the small hours, come here for bites of cured presunto ham, suckling pig, pungent wheels of Azeitão sheep's cheese and fine



5 cheap eats

- **Buy retro-designed cans** of premium Portuguese seafood from Loja das Conservas (Rua do Arsenal 130), a specialist boutique selling fish from a co-op of national heritage fisheries.

- **Go for coffee and custard tarts**, a quick-fix pick-me-up that costs pennies and ticks two of Lisbon's don't-miss food boxes. The best of both is at Manteigaria (Rua do Loreto, 2), a stand-up coffee bar where you can watch the little tarts being baked. A celebratory bell is rung each time a fresh batch is ready. manteigaria.com

- **Mercado da Ribeira** Hipsters and locals both love the 1930s Mercado de Campo de Ourique for its rainbow displays of fresh fish and veg, and also as a place to meet for a glass of ruby-red Douro wine and affordable plates of petiscos; from €2 (Dhs8). mercadodecampodeourique.pt

- **Join the circus at Chapito**, a café/restaurant and co-op for Lisbon's circus school, with terraces overlooking the Tagus river. Late-night live music and a boho vibe with standout dishes, including garlic & lime shrimp or tarragon-scented sea bass. Mains from €18 (Dhs72).

- **Lisbon's comprehensive network of trams, trains and ferries** is the most cost-effective, easy and fun way to get around this hilly waterfront city. Take a joyride across the Tagus river from the Cais do Sodre ferry stop and call in for a sunny bite on the decked terrace of the new Station restaurant. The Portuguese-Asian menu includes stellar fish dishes for around €15 (Dhs60). station-club.com



'Young chefs are revitalising traditional recipes and reimagining petiscos – small sharing plates'

Alentejo wines. There are also informal kiosks by top local chefs, such as Marlene Vieira and Henrique Sá Pessoa, along with on-trend stands selling cold-press coffee and hand-churned gelato. Small plates from a couple of euros.

Brasserie Mediterrânica With eco principles that include a sustainable drinking water programme and a zero food miles ethic, the restaurant at Inspira Santa Marta Hotel (see Where to stay, overleaf) is a clean, green choice for eating out. Its Portuguese/Med menu is accompanied by a long list of excellent local wines and fresh bakes including a range of gluten-free options (a rarity for Lisbon). Mains from around €10 (Dhs40), two-course buffet lunch €10.

Local knowledge

It's standard for bread, butter and/or olives or other nibbles to be placed on

the table in restaurants without you asking for them. These aren't free; if you touch or eat any of it, there is a cover charge. If you don't touch it, there should be no cost. But if you don't want it, it's safer to say no thanks as it's set down. However, it's usually good quality and the charge should be just a few euros or so extra.

Where to stay

The eco- and design-conscious Inspira Santa Marta Hotel has double rooms from €104 (Dhs420) per night, room only. One child under 12 can stay for €30 (Dhs120) per night, in an extra bed. They've recently launched expert-guided tours, including one exploring the tradition of Portuguese petiscos. A two-night Petiscos Tour Package costs €548 (Dhs2,200) B&B for two people sharing a superior double room, including a three-hour guided walk-and-eat Petiscos tour. inspirahotels.com



To get there, Emirates has two daily flights flying direct from Dubai International Airport into Lisbon Airport.

For more travel advice Visit golisbon.com

Everyone loves a STAYCATION!

Dubai is the favourite leisure destination in the UAE according to a new online survey of over 1,000 UAE residents commissioned by Emaar Hospitality Group and conducted by YouGov.

The word 'staycation' refers to a vacation taken in the country of residence. In the UAE, staycations are gaining ground as the survey, which was conducted ahead of the recent launch of the U By Emaar rewards programme, reveals. Here are the findings:

THE RISE OF THE STAYCATION

59% of UAE Residents
take a staycation at least once a year

8 in 10 Western Expats
staycation at least once a year

Western Expats

Emiratis

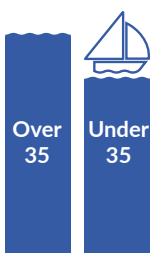
Expatriate Arabs

Asians

10%

'Over 35 year olds'
staycation more!

WHO?



63% chose Dubai as their
favourite Emirate for leisure

What do people planning a staycation look for?



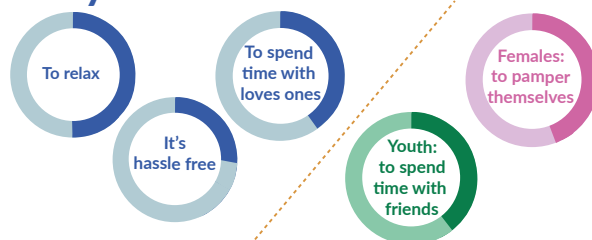
What activities do people enjoy on a staycation?



The importance of
value for money
grows the higher
the income bracket

54% of those earning above \$5300
placed value for money as
their #1 priority
BUT ONLY
44% of those earning below \$5300
said the same

Why do UAE Residents opt for staycations?



Dubai



Where:
ATLANTIS THE PALM, DUBAI

What's it like:

If you're looking for a weekend escape but don't want the hassle of airport travel or Thursday night traffic out of the city, Atlantis on Palm Jumeirah, is the perfect place to head. It's a resort that not only boasts stunning skyline views of Dubai, but also a fantastic range of varied F&B outlets – including the famed

chef Gordon Ramsey's restaurant, Bread Street Kitchen, the Japanese favourite, Nobu, and an exciting underwater outlet, Ossiano (even some of the rooms are underwater!).

Best for: A fun-filled weekend away with your other half, family or friends.

Contact: Call 04-4262000 | E-mail info@atlantisthepalm.com | Website www.atlantisthepalm.com



Where:

FAIRMONT THE PALM

What's it like:

If you have a young family and you're looking for somewhere to relax yet keep the gang entertained, Fairmont The Palm provides the perfect setting for a family beach break. The property has an on-site children's club called the 'Falon Kids' Club' to keep your little ones occupied, while you indulge in some well-deserved pamper time at the Willow Stream Spa, or chill on the beach. And the best news? The hotel currently has a summer deal running until the end of September 2016. For just Dhs590 per night, you'll receive a luxury stay with breakfast included, plus lunch or dinner.

Best for: A relaxing stay with your family.

Contact: Call 04-573388 | Website www.fairmont.com/palm-dubai/



Where:

JW MARRIOTT MARQUIS DUBAI

What's it like:

This is a grown-up kind of hotel – luxurious, sleek and striking. The 5-star is the world's tallest hotel and boasts over 1,600 guest rooms and suites spread out across two towers and 72 spectacular floors. With panoramic city views, JW Marriott Marquis is equipped with all you need for an exciting and relaxing stay. Take a serene visit to the Saray Spa, or indulge in world-class cuisine at one of the hotel's restaurants. During your visit, don't miss a trip to the gorgeous Prime68 steakhouse (pictured below) – a classy outlet serving mouth-watering steaks.

Best for: A luxurious weekend with your partner.

Contact: Call 04-4140000 | E-mail jwmarrriottmarquisdubai@marriott.com | Website www.jwmarrriottmarquisdubailife.com



Where:

**ANANTARA DUBAI
THE PALM RESORT
& SPA**

What's it like:

From the moment you arrive at the Thai-inspired property, expect to see classy little tuk tuks transporting guests from A to B, friendly front of house staff offering greetings in the renowned, traditional Thai way (gorgeously scented lemongrass towels and all), and the most awe-inducing flower display as you enter the lobby. Visiting Anantara Dubai The Palm is a trip to the beautiful surroundings of Asia – minus the long-haul flight. With 293 luxurious rooms and villas on offer (including fabulous Maldives-style over water villas), you'll be spoilt for choice – particularly because the resort is built around an idyllic lagoon (AKA a giant, super cool swimming pool!), which you're able to swim into directly for most room balconies. The resort also has a variety of wonderful restaurants, including Mekong,



the resort's Asian restaurant, which interestingly combines Thai, Vietnamese and Chinese cuisines under one roof, plus Bushman's Australian Bar & Grill, where rustic Aussie fare is served.

Best for: A relaxing, luxurious weekend away with your other half, family or friends.

Contact: Call 04-5678888 | E-mail dubaipalm@anantara.com | Website www.dubai-palm.anantara.com

Where:

**MADINAT
JUMEIRAH, DUBAI**

What's it like:

Choose from three beautiful hotels within Madinat Jumeirah: Al Qasr Jumeirah, Jumeirah Dar Al Masyaf and Jumeirah Mina A'Salam – all offering stunning Arabic style architecture. Set within an idyllic beachfront spot with picturesque waterways taking you from one spot to the next, Madinat Jumeirah is not only a great place to relax and rest your head, but it's an unmissable place to eat with



countless five-star restaurants on offer. Must tries include the American meatery, The Hide (pictured), which serves the best cuts of meat you'll find in Dubai, followed by Tortuga, a delightful Mexican restaurant with an exciting menu. If you're a UAE resident, don't miss out on the summer deal of receiving 15% off the best available room rate when staying for a minimum of two nights. The deal includes breakfast, and lunch or dinner, plus unlimited access to Sinbad Kids' Club, Wild Wadi Waterpark, Talise Fitness and 2km of private beach. Ends September 30th.

Best for: A luxurious Arabic inspired weekend with your family or partner.

If you want to go: Call 04-3668888 | Website www.jumeirah.com/en/hotels-resorts/dubai/madinat-jumeirah/



Where:

**THE ST. REGIS
DUBAI**

What's it like:

A recently opened addition to Dubai's plethora of stunning hotels, The St. Regis Dubai really stands its ground with sheer grandeur and sophistication. Inside, the hotel's interiors are influenced by the city's beaux-arts architecture of the original St. Regis in New York, and accentuated by bespoke elements such as the grand staircase and carefully selected artworks dotted across the hotel. As part of Al Habtoor City, Dubai's first-ever integrated urban resort, the hotel sits alongside two other hotels, three high-rise residential towers, as well

as a Las Vegas-style theatre that will collectively be located on the banks of the soon-to-be-completed Dubai Water Canal. Escaping here, you'll be able to cool off in the temperature-controlled rooftop pool, while delighting in the promotion the hotel currently has running. With room rates starting from Dhs1,050 per night, with an additional 10% off stays of two nights or more, you'll also get Dhs150 credit to spend in the restaurants and a complimentary 30-minute massage in the Iridium Spa. Offer ends on September 15.

Best for: A luxury getaway with your loved one or a friend.

If you want to go: Call 04-4355555 | Website www.stregisdubai.com



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Where:
**INTERCONTINENTAL
DUBAI MARINA**

What's it like:

Set in the vibrant Dubai Marina, this hotel is perfect for those wanting to relax and dine in luxury, but also like to get out and about for a stroll. With hot spots like Jumeirah Beach, Dubai Marina Mall and Dubai Media City all within walking distance, there's plenty to keep you busy without needing a car. Inside the hotel, expect to find natural light filling the artfully designed interiors – it's quite an artsy, contemporary property. While visiting, don't miss out on a trip to Michelin-starred chef Jason Atherton's restaurant, Marina Social. There's nine restaurants and bars to choose from, so there's something for everyone. Featuring its own Health Club, Spa and outdoor pool, the hotel is a destination in itself.

Best for: Couples or a group of friends looking for a relaxing weekend, with great dining options and Dubai Marina views.

Contact: Call 04-4466777 | Website www.ihg.com



Where:
**AL MAHA A
LUXURY
COLLECTION
DESERT RESORT
AND SPA**

What's it like:

Nestled in the desert landscape of the Dubai Desert Conservation Reserve, Al Maha showcases the heritage and architecture of the Bedouins and also offers a sense of desert adventure – it's a place for romance, relaxation, but also activity and fun. The

Arabian Oryx and Gazelles are star attractions in the reserve, and can be viewed from the temperature-controlled infinity pool or sundeck seating area of all villas. If you choose to stay here, you'll benefit from two different complimentary desert activities every day.

Best for: A romantic and relaxing stay with a loved one or family.

Contact: Call 04-8329900 | Website www.al-maha.com

Ras Al Khaimah



Where:

RIXOS BAB AL BAHR

What's it like:

Staycationers, leave your wallets in the room – Rixos Bab Al Bahr has you covered! This coastal property in Ras Al Khaimah is one of the only resort's in the UAE that offers an attractive all-inclusive deal, enabling you to settle the 'everything included in one price' bill upon check-in. Set upon the scenic Marjan Island, the resort stretches along a private (and very relaxing) beach. Equipped with a selection of swimming pools to cool down in, the hotel caters to all with separate areas dedicated to children or adults – so if you're looking for a bit of peace and quiet, it's available. Or for families, there's a kids' club and large swimming pool area with activities and games going on all day long.

What's attractive at this resort are the extensive activities

available and wide range of F&B outlets – you're spoilt for choice, especially if you're only staying for the weekend. For no extra charge, you can opt to dine at one of five of the hotel's a la carte restaurants, which include a steakhouse, a seafood speciality restaurant, and a traditional Turkish outlet where the food is not only great, but the furnishings and hospitality are authentic. There's also an all-day-dining restaurant, which is open for breakfast, lunch and dinner – so you'll never go hungry! And for drinks, pre- or post-dinner, there's a fun Mojito Bar to refresh and enjoy a couple of great cocktails. Or for something a little calmer, visit the Cigar Lounge.

To wrap the evening up, partygoers won't be disappointed as there's an on-site club called Inferno, which stays open playing the latest tunes until 2am. What's best is that if you're hungry after dancing the night away, you're



able to pop to the hotel's burger bar for a quick midnight snack.

Up until September 30th, the property is offering its visitors a complimentary couple's treatment in the Anjana Spa, if you book a premium room (Dhs950 per room).

Best for: Fun-seekers of all ages – this resort caters to all tastes!

Contact: Call 07-2020000 | E-mail babalbahr@rixos.com | Website www.babalbahr.rixos.com

Mother
Baby &
Child



YOUR GUIDE TO *Motherhood*

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Where:
**BANYAN TREE AL
WADI**

What's it like:

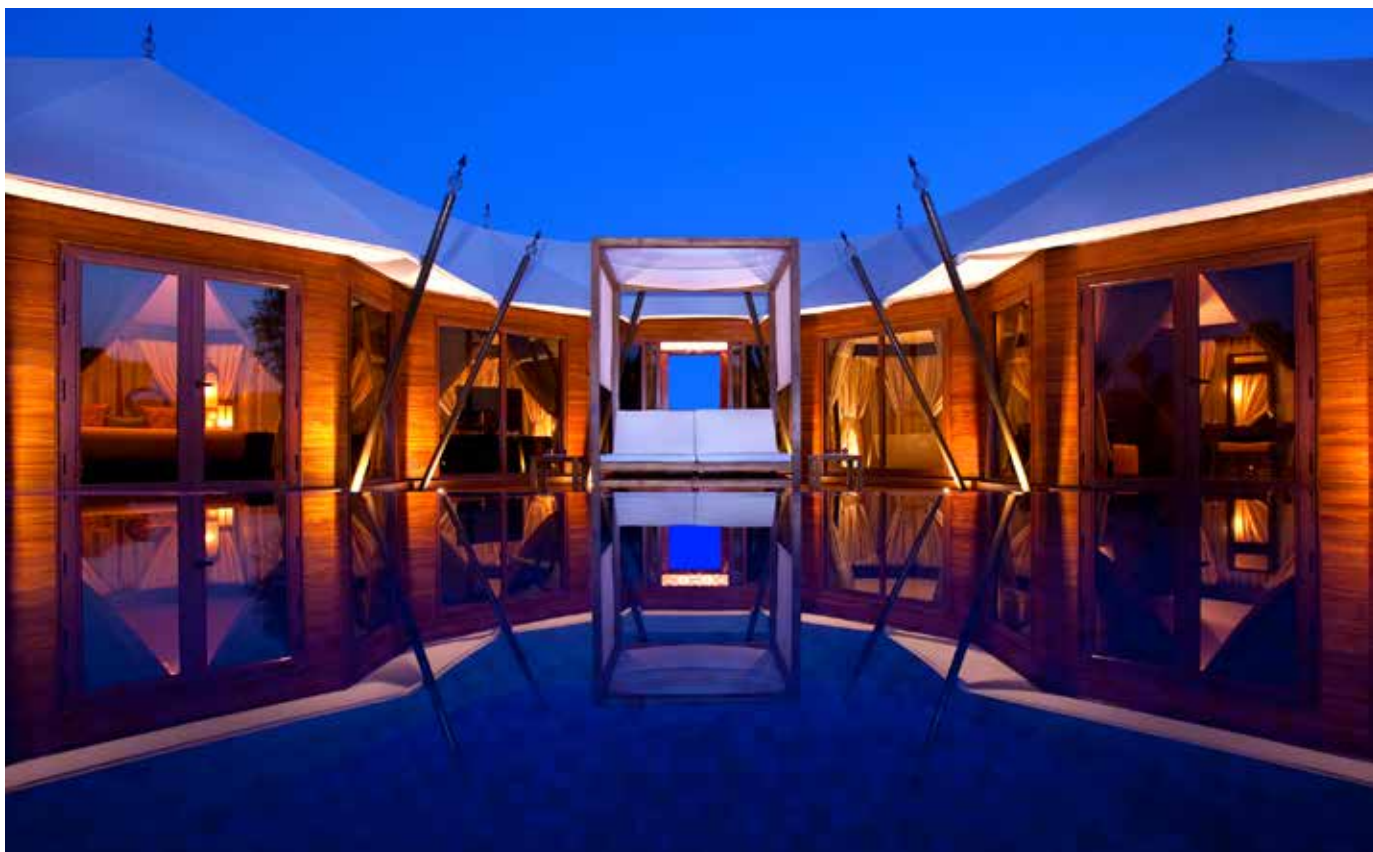
Embrace the Bedouin tradition and take a trip to Banyan Tree Al Wadi, nestled picturesquely in the golden sand dunes of Ras Al Khaimah's peaceful desert. Located just over one hour's drive from Dubai, this destination provides the

ultimate escape from city life (there's not skyscraper in sight). This is a place to visit when you're looking for some real, luxurious relaxation and privacy. With a range of top notch villas to choose from, which all boast gorgeous Arabic inspired interiors and architecture, you'll not be disappointed with any of the options available here –

especially as every room comes equipped with its very own private, infinity swimming pool that's temperature-controlled to ensure your dip is enjoyable.

Not only is there peace and quiet, but there's desert adventure – so don't worry about getting bored. From the nature reserve that allows you to openly interact with Arabian Gazelle and Oryx, to the animal centre that is home to gorgeous owls (be sure to say hi to Amy the friendly owl) and falcons to





meet and hold, there is plenty to keep you active, including archery and bike riding.

Or, if relaxation and pampering is more your thing, a trip to the resort's Asian-inspired hydrotherapy Banyan Tree Spa is not to be missed out on. The state-of-the-art facilities are instantly relaxing and allow you to indulge. Before your spa treatment, visit the alluring Rainforest – an indoor journey of hydrothermal therapies. From

saunas with varying scents and themes, cold bucket showers to revive, an ice igloo and enticing showers with a range of pressures for relaxing sensations, to a dimly-lit pool with pressure jets – the Rainforest is all about providing a multi-sensory experience. The concept aims to de-stress, de-toxify and revive – and does that exactly. Then, take your pamper session to the next level with a massage of your liking. You'll leave the spa floating on air.

When you're hungry, you can either go a la carte, buffet-style or private. Make your desert romance extra special with an exclusive dinner for two, prepared as an Arabian- or Western-style BBQ at a secluded location somewhere on the resort. Under the stars, all that's left to do is sit back with your loved one and enjoy a delicious dinner over candle light.

The resort's signature restaurant, Safran, showcases mouthwatering Thai cuisine and is one of the most favoured outlet's at Banyan Tree Al Wadi

– so be sure to make a reservation before going, to avoid disappointment. If you're in a more casual mood and fancy helping yourself to a few tasty bites, opt for breakfast or dinner at Al Waha, the hotel's all day dining restaurant. To bring your evening to an indulgent end, there's the Samar Lounge or Moon Bar, both of which serve expertly blended cocktails for enjoying as a nightcap.

All in all, Banyan Tree Al Wadi is an oasis in the desert, which will leave you feeling relaxed and rejuvenated. Even if just for a weekend visit, this staycation is one that makes you feel as if you've been out of the country on an exotic escape.

Best for: A romantic escape in the desert with a friend or your loved one.

If you want to go:

Call 07-2067777 | E-mail reservations-alwadi@banyantree.com | Website www.banyantree.com/en/em-uae-al-wadi

Abu Dhabi



Where:

THE ST. REGIS SAADIYAT ISLAND RESORT, ABU DHABI

What's it like:

Set on serene Saadiyat Island, this property is one of the most luxurious you'll find in Abu Dhabi. As a city escape that's only a quick 10-minute drive from the capital's downtown area, The St. Regis is a beautiful beachfront resort boasting Mediterranean architecture with stylish, modern interiors. If you fancy a visit here, you can now benefit from a range of promotions that the hotel has running throughout the summer. If you can't spend the night, take a day trip using the Double Indulgence pass, priced at Dhs500 for a couples pass including Dhs250 redeemable on F&B, you'll have access to all three of the swimming pools. Or opt for the 'gourmet breakfast with pool and beach pass', which starts on August 13th and will be available every Saturday from 9am. The deal is Dhs160 per person and allows you to enjoy an a-la-carte



breakfast at 55&5TH The Grill, followed by complementary pool & beach day access. Whether you're looking to pamper yourself at the spa or keep the kiddies occupied, The St. Regis Saadiyat Island Resort has a variety of offers available at the moment. Why not give them a call?

Best for: A beach staycation with family, friends or your partner.

If you want to go: Call 02-4988888 | Website www.stregissaadiyatland.com



Where:

YAS VICEROY, ABU DHABI

What's it like:

Overlooking the Yas Marina Formula 1 Circuit and a yacht-filled marina, those looking for an adventure will feel at home at the Yas Viceroy Abu Dhabi. The hotel offers an impressive selection of international restaurants, along with an array of glamorous bars and lounges. We know it's not F1 season just yet, but the hotel has an offer at the moment that you just can't miss out on. The 'splash or speed' offer is Dhs824 per night (available until September 30th), and gives you a night's stay with access to both Ferrari World and Yas Waterpark.

Best for: A beach staycation with family, friends or your partner.

If you want to go: Call 02-4988888 | Website www.stregissaadiyatland.com



Where:
**SHANGRI-LA HOTEL,
QARYAT AL BERI**

What's it like:

Located in the heart of the Capital, this 5-star property boasts impressive architecture and traditional Arabic décor – it's a hotel that puts you at instant ease, with warm and welcoming hospitality. Conveniently located near the airport, golf course and city centre, its lush garden landscapes place it in a serene, world of its own, and inside the hotel is connected by a winding waterway featuring Arabic abras.

This hotel allows you to enjoy the best of both worlds – closeness to everything that is going on so you're able to immerse yourself in the local heritage through sightseeing, while the property's calmness promises to leave you feeling relaxed and in full holiday mode - blissful!

Best for: Families, friends and couples, looking for some adventure, but also relaxation.

If you want to go: Call | E-mail | Website www.shangri-la.com/abudhabi/shangrila



Where:
**QASR AL SARAB
DESERT RESORT
BY ANANTARA**

What's it like:

Nestled in the Liwa Desert, two hours away from Abu Dhabi, perched on the edge of the desert sits the luxury resort Qasr Al Sarab Desert Resort by Anantara. Here you can indulge in a staycation on the edge of the rolling sands of the Empty Quarter and experience desert life. Whether it's horse riding, camel trekking, mountain biking, or archery, there are plenty of adrenalin-inducing activities to keep intrepid travellers occupied.

Meanwhile, those who prefer a more sedated pace of life can choose a sunset desert picnic, spa

treatment or a yoga class on the golden sand dunes, whilst family and friends can bond during the Liwa tour were they will be able to discover historical places and unique locations that portray the rich culture of the UAE. Enjoy the Desert Discovery Package (rates starting at Dhs1,390 per night), which includes: two nights' accommodation, daily buffet breakfast for two people, two desert activities per person, per stay.

Best for: Families and couples looking for a taste of local tradition.

If you want to go:

Call 02-8862088 | E-mail infoqas@anantara.com | Website www.qasralsarab.anantara.com



SHANGRI-LA QARYAT AL BERI

Abu Dhabi



Receive Dh150* Resort Credit per room per night upon booking

Resort Credit can be used at any of our award-winning dining establishments or spa.

A Magical Escape to an Arabian Oasis

Discover the allure and enchantment of the grand golden-white building. Your senses are bewitched by the hotel's impressive architecture, with its fine Arabic décor and full of warm tones. The hotel is connected by a winding waterway featuring Arabic traditional boats, known as abras. You lie back, utterly relaxed, while the abra slowly meanders throughout the verdant garden scenery. A day like this lingers forever. And it all begins at Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi.



فندق شانغريلا، قرية البري

Shangri-La hotel

QARYAT AL BERI, ABU DHABI

Please contact our Customers Sales Representative to make a booking.
For more information call (971 2) 509 8630 or email reservations.slad@shangri-la.com
www.shangri-la.com/abudhabi/

*terms and conditions apply
*valid until 31 December 2016

Competition



WIN!

A 2-night stay for 2 adults at Marriott Marquis City Center Doha worth over Dhs7,500!

Win a two-night weekend stay for two at Marriott Marquis City Center Doha in a Junior Suite, with breakfast for two at Crossroads Kitchen, Friday brunch at Ipanema, and a Qatar Explorer Tour with lunch!

You and your guest could win a weekend stay at Marriott Marquis City Center Doha, in a Junior Suite including breakfast for two at Crossroads Kitchen, Friday brunch at Ipanema, and a Qatar Explorer Tour with lunch.

Ideally located in the buzzing West Bay – the hub of Doha's business district. Only 30 minutes from Hamad International Airport and a 5-minute walk from the Doha Exhibition and Convention Center and in close proximity to the Corniche, this contemporary hotel offers breath-taking views of the skyline and the Arabian Gulf.

Guest rooms that are expansive and comfortable with full amenities to pamper all. Offering a full-service hotel experience with a large variety of international restaurants, executive lounges and 35m rooftop pool, this hotel is the perfect choice for the modern business executive and fun-seeking leisure traveler.

With over 10 F&B outlets to choose from, there's plenty of delicious options when it comes to breakfast, lunch and dinner. Or try Friday brunch at Ipanema, where you can savour delicious and authentic Brazilian Churrascaria steak and seafood and Rodizio-style service.

The prize draw for a two-night stay for two adults at Marriott Marquis City Center Doha will be made at the end of August 2016. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Valid until January 31, 2017. Brunch is inclusive of soft beverages only.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

What is the name of this hotel's Brazilian restaurant?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



WIN!

**A 2-night stay
for 2 adults at
Mövenpick Hotel
Hanoi worth over
Dhs7,500!**

Delight in a two-night stay for two at Mövenpick Hotel Hanoi, Vietnam, inclusive of daily breakfast and a spa voucher for two!

You and a guest are in with the chance of winning a luxury two-night stay for two at Mövenpick Hotel Hanoi complete with daily breakfast and a trip to the spa for two.

The Mövenpick Hotel Hanoi combines elegant, French-colonial architecture with superior facilities and outstanding service. Conveniently located in the heart of Hanoi's Business District, and a short distance from the historic Old Quarter, it is a beautifully serene, boutique-style property in the heart of Hanoi; a luxury residence that caters to the discerning corporate travellers. Quan Su temple is just around the corner. Hanoi's famed Opera House, Old Quarter shopping district, myriad of

embassies and central train station are all located a mere five-minute taxi ride away.

"Most hotels make a claim about being 'different' and 'special' but this is integral to the Mövenpick philosophy and we have taken this to still another level here," said Mövenpick Hotel Hanoi General Manager Nicolas Josi. "Our guests will see it in the décor, and inclusive services of course but also in the personalized service touches we make routine. The fact that we are Hanoi's only residence-style international operated hotel, and we are located in the heart of a city, only sets us further apart."

The prize draw for the two-night stay for two adults at Mövenpick Hotel Hanoi will be made at the end of August 2016. The prize cannot be exchanged under any circumstances and is not transferable. Subject to availability. Winner must arrange own flights to Vietnam.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Which temple is just around the corner from the hotel?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

ONE OF TWO VOUCHERS FOR VANITAS AT PALAZZO VERSACE DUBAI! WORTH DHS500 EACH

Vanitas, the signature Italian restaurant of Palazzo Versace Dubai, has introduced a sensational new menu, featuring

refined and authentic flavours combined with elegance and a world-class dining experience. Each dish is a unique creation, crafted by Italian-born Chef de Cuisine, Andrea Gaia. Having worked at some of the most renowned Michelin star restaurants in Europe, Andrea, together with his talented team, strike the perfect balance between taste and aesthetics with beautiful presentations and intense fragrances that stimulate the senses. The meal vouchers are valid from July 1 until November 30, 2016.



WIN!

THE ENTERTAINER CHEERS APP! WORTH DHS495

Summer has definitely kicked in! Beat the heat and find your cool zone with Cheers Dubai, the new Entertainer App. Featuring hundreds of Buy One Get One Free offers exclusively on drinks, the Entertainer Cheers will help you to cool down in the best restaurants, bars and nightspots of Dubai including renowned names such as The Observatory, The Meat Co, Fume, Cocktail Kitchen, Barrel 12, Sun&, Tribeca, Aquara, Tortuga, KANPAI, El Sur, Café Habana and many more. The Entertainer Cheers is your best partner to ease the heat this summer so don't miss your chance to get it for free! Cheers is intended for the use by persons of legal drinking age (over 21 years) and non-Muslim.



WIN!

A FRISKARS KITCHENWARE SET! WORTH DHS1,000

Including a Fiskars Rotisser 24cm Optiheat, Salad Spinner, Butter Box, Fruit Juicer, Apple Divider, a set of Breakfast Knives,

General Purpose Classic Orange Scissor, and a Classic Orange Kitchen Scissor, the set is a great addition to any kitchen. Fiskars products are renowned worldwide for their functionality and cutting-edge design and the group boasts a strong portfolio of trusted international brands such as Fiskars, Iittala, and Gerber. Fiskars high quality kitchen tools are now available through shop-in-shops at Jashanmal's department stores namely in Dubai Mall, Mall of Emirates, Dubai Festival and Ibn Battuta.



WIN!

A MEAL FOR FOUR AT ANY CARLUCCIO'S IN THE UAE! WORTH DHS500

This summer, Carluccio's will be introducing a Middle Eastern touch to their great tasting Italian menu by offering friends and family

the chance to sample mixed grill favourites accompanied by a bowl of delicious salad, creamy mashed potato or fresh vegetables. Available in all restaurants across Dubai, Abu Dhabi and Doha, Carluccio's new 'From The Grill' menu will cater to all taste buds, offering everything from prawn skewers to flame grilled spring chicken in a friendly and inviting setting. Winning voucher must be utilised on or before September 30th, 2016.



WIN!

AN IITTALA SET FOR YOUR HOME! WORTH DHS1,000

The set contains a beautiful Kaasa Tealight Candle Holder, a Kastehelmi Bowl, 3 Kastehelmi Votives, and a Vitriini Box in clear glass-oak. As company based in Finland, where quality, aesthetics and functionality are important values, Iittala believes in interior design that lasts a lifetime. The progressive philosophy of our design heroes, Kaj Franck and Alvar Aalto, still inspires the company to keep Iittala forever relevant. It's all about beautiful, timeless design at Iittala.



WIN!

A MEAL VOUCHER TO ANTIQUE BAZAAR FOR A FAMILY OF FOUR! WORTH DHS500

Antique Bazaar is an award winning Indian restaurant at Four Points by Sheraton Bur Dubai, that reflects the authenticity of Indian cuisines.

Few restaurants stand out with the right delicacy and the perfect ambience, Antique Bazaar is one of such. Renowned for carrying on the legacy of serving cuisines that once ruled the hearts of the royal families of India who are still known for their respect for exquisite food.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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Just like Italy.

Experience casual yet colourful dining set within a playful European carnival tent at Circo. Enjoy rustic Tuscan fare within stylish and authentic settings. Delight in a unique feast for all your senses, as we present a sensational culinary performance that reflects the essence of Italy.

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